PATIENTS AND VISITORS

CLEAN HANDS COUNT

KNOW THE TRUTH TO PROTECT YOURSELF FROM SERIOUS INFECTIONS

TRUTH
On average, healthcare providers clean their hands less than half of the times they should.

THE NITTY GRITTY:
This can put you at risk for a serious infection. It’s OK to ask your care team questions like, “Before you start the exam, would you mind cleaning your hands again?” Another way to bring it up is to thank them for cleaning their hands if you are uncomfortable asking.

TRUTH
Alcohol-based hand sanitizer kills most of the bad germs that make you sick.

THE NITTY GRITTY:
Your hands have good germs on them that your body needs to stay healthy. Your hands can also have bad germs on them that make you sick. Alcohol-based hand sanitizers kill the good and bad germs, but the good germs quickly come back on your hands.

TRUTH
Alcohol-based hand sanitizer does not kill C. difficile.

THE NITTY GRITTY:
If you have a C. difficile infection, make sure your healthcare providers wear gloves to examine you. You and your loved ones should wash your hands with soap and water to prevent the spread of C. difficile.

ALCOHOL-BASED HAND SANITIZER is a product that contains at least 60% alcohol to kill germs on the hands.

TRUTH
Your hands can spread germs.

THE NITTY GRITTY:
Make sure you and your visitors are cleaning your hands at these important times:

- AFTER TOUCHING BED RAILS, BEDSIDE TABLES, REMOTE CONTROLS, OR PHONE
- AFTER TOUCHING DOORKNOBS
- AFTER USING RESTROOM (Use soap and water)
- BEFORE TOUCHING YOUR EYES, NOSE, OR MOUTH
- BEFORE EATING (Use soap and water)
- BEFORE AND AFTER CHANGING BANDAGES
- AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING

WHAT IS C. DIFFICILE?
C. difficile or “C. diff” is a common healthcare-associated infection that causes severe diarrhea.

www.cdc.gov/HandHygiene

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