

How to wash your



1 Wet your hands.



4 Rinse your hands.



2 Put soap on your hands.



5 Dry your hands.



3 Rub your hands together.



6 Turn off the tap with a paper towel.

It's
OK
to ask

*Proper HAND HYGIENE—
it's everyone's
responsibility*



**Central
Health**

H

ere are a few reasons why hand hygiene is so important to your care:

- Germs are everywhere
- Sick people get infections easier
- Infections can keep patients in the hospital longer
- Even healthy people can spread germs
- Good hand hygiene is a healthy habit



- Before and after eating

E

veryone caring for you should clean their hands. If you do not see the doctor, nurse or other healthcare provider clean their hands with soap and water or use a waterless antiseptic hand agent when entering your room to provide care, remember... *It's ok to ask*



W

ashing with a waterless antiseptic hand agent should be done by everyone:

- When entering your room or before touching or administering care to you or your loved one.
- Upon leaving your room, if they have touched you or any object in the room.

B

Be an active participant in the hand hygiene process. It only takes a few simple words to help encourage this healthy habit. You can say, "Excuse me, did you clean your hands?" or "I saw that you cleaned your hands – thank you!"

S

oap and water as well as waterless antiseptic hand agents are extremely effective at reducing the number of germs present on the skin.

I

n addition, soap and water may be used:

- When hands are visibly dirty
- When hands are soiled with blood or other body fluids
- After visiting a restroom

P

racticing good hand hygiene is the single most important thing you can do to stop the spread of infection. It's a healthy habit for anyone, whether you are at a hospital, work or home.