

## YOU HAVE A VOICE

PROTECT YOURSELF BY  
**ASKING QUESTIONS**

Clean your own hands and ask everyone to do the same.

It's important to ask your healthcare providers questions about your healthcare, such as:

“ I didn't see you clean your hands when you came in, would you mind cleaning them again before you examine me? ”

“ I'm worried about germs spreading in the hospital. Will you please clean your hands once more before you start my treatment? ”

Ask your visitors to clean their hands too:

“ You cleaned your hands a while ago when you got here, but could you please clean them again? It would help put me at ease. ”



PATIENTS AND VISITORS

# CLEAN HANDS COUNT



Learn more at:

**[www.cdc.gov/HandHygiene](http://www.cdc.gov/HandHygiene)**

**Contact CDC:**

[www.cdc.gov/info](http://www.cdc.gov/info)  
800-CDC-INFO  
(800-232-4636)  
TTY 888-232-6348



**PROTECT YOURSELF FROM  
SERIOUS INFECTIONS**

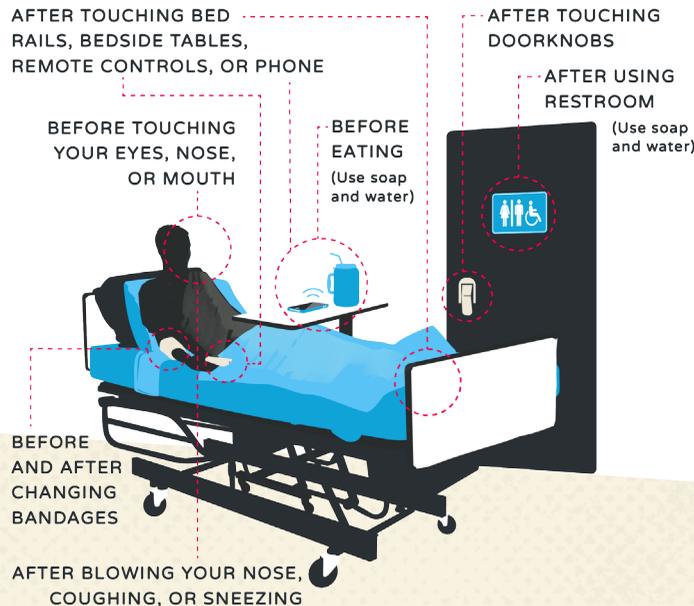
This material was developed by CDC. The Clean Hands Count Campaign is made possible by a partnership between the CDC Foundation and GOJO.

## CLEAN HANDS COUNT FOR YOUR PROTECTION

### Did you know...?

- ▶ Cleaning your hands is a great way to protect yourself from **serious infections**.
- ▶ **Every patient is at risk** of getting an infection while they are being treated for something else.
- ▶ Preventing the spread of germs is especially important in **hospitals** and other facilities such as **dialysis centers** and **nursing homes**.

### PATIENTS AND VISITORS: When to clean your hands



### What is alcohol-based hand sanitizer?

- ▶ A product that kills germs on the hands.
- ▶ It should contain **60% to 95%** alcohol.

### Use alcohol-based hand sanitizer:

When hands do not look dirty.

### Use soap and water:

When hands look dirty.

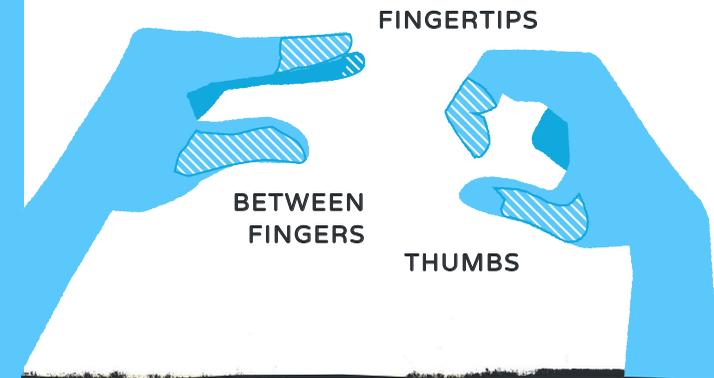
If you have a *C. difficile* infection.

Before eating and after using the restroom.

### When using alcohol-based hand sanitizer:



People often miss certain areas when cleaning their hands using alcohol-based hand sanitizer:



### What if I have a *C. difficile* infection?

- ▶ *C. difficile*, or *C. diff*, causes severe diarrhea.
- ▶ If you have a *C. diff* infection, you should wash your hands with soap and water.
- ▶ Your healthcare providers should wear gloves while caring for you.

### Healthcare providers need to clean their hands:

- ▶ Every time they enter your room and when they remove gloves.
- ▶ Wearing gloves alone is not enough to prevent the spread of infection.