

# SAFE CARE BEGINS WITH CLEAN HANDS

Hand Hygiene Education for  
Patients, Families and Visitors



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## **HAND HYGIENE AND PATIENT SAFETY**

You can play a vital role in making your care safe by reminding caregivers, family and visitors to clean their hands before and after they have contact with you.

- Hands are a major route of transmission of germs throughout the hospital and from one patient to another.
- Good hand hygiene practices promote patient safety and are an important way to prevent the spread of infections.

Remember that hand hygiene is important to your care because sick people get infections easier and infections can result in longer hospital stays.

Hand hygiene education will continue throughout your care; you should expect to receive additional interactive education in the inpatient setting.



## **BE A PARTNER IN HAND HYGIENE**

Be a partner in hand hygiene by encouraging others to clean their hands when entering your room.

- Everyone caring for you should clean their hands.
- Your caregivers are expected to practice good hand hygiene before placing their hands on you and immediately after contact with you or any equipment, even if they are wearing gloves.
- If you do not see your caregiver, doctor, nurse or any other health care provider clean their hands before entering your room, please remind them to do so.

# WHAT IS HAND HYGIENE?

**Hand hygiene:** cleaning the hands either by hand-washing or hand disinfection

**Hand washing:** washing hands with plain antimicrobial soap and water

**Hand disinfection:** disinfecting hands using an alcohol-based hand rub

## Hand Hygiene Products

**Alcohol-based hand rub:** alcohol containing liquid, gel or foam — applied to the hands to reduce the growth of germs

**Antimicrobial (medicated) soap:** soap (detergent) containing an antiseptic agent (concentrated) that can reduce or inhibit the growth of microorganisms

**Plain soap:** detergents that do not contain antimicrobial agents or have very low concentrations of antimicrobial agents. Effective simply as a preservative.



Antimicrobial (medicated) soap

Alcohol-based hand rub (foam)

## Help us prevent the spread of infection during your hospital stay:

1. Remind caregivers, family and visitors to wash their hands before entering and when leaving your room.



2. Expect our staff to clean their hands before and after patient care, even when wearing gloves. Please remind us if we forget.
3. Anyone entering your room should read any signs or instructions posted and follow the instructions.



### HELP PROTECT OUR PATIENTS

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# Hand Disinfection with Alcohol-based Hand Disinfectant



1) Place alcohol hand disinfectant on your hands.



2) Rub over entire hand, front and back and in between fingers.



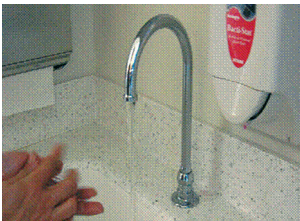
3) Rub your hands until dry.

## Hand Washing with Soap and Water

**\*Always wash your hands when visibly soiled\***



- 1) Wet your hands.
- 2) Press the dispenser for soap.



- 3) Use friction to create a lather, and rub front, back of both hands and between fingers.



- 4) Rub for 15 seconds.
- 5) Rinse hands to remove all soap.



- 6) Dry your hands.



## PARTNERS IN SAFE PATIENT CARE

By partnering with us, you can help make your care as safe as possible. You can play a vital role in making your care safe by being an active participant in your care. This means that you:

- **Take part** in decisions about your care.
- **Share information** with your care team.
- **Ask questions.**
- **Report any concerns** that you have about your care, treatment, services or safety.

The booklet “Be A Partner in Safe Patient Care” will give you information on how to make your care safer. We encourage you to read it and ask questions. Videos on various topics of safe care are available on closed-circuit television in your room. Any staff member can help you find them.

Please let a staff member know if you have any concerns regarding your care, treatment, services or safety. We will do our best to answer your questions. If you prefer, you can contact the Patient Advocate Office at **ext. 82285**.

Thank you.





Department of Infectious Diseases

Patient, Family & Community Education Department

References: CDC Hand Hygiene Guidelines,  
Journal of Patient Safety,  
Joint Commission of Accreditation  
of Healthcare Organizations



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