

Fight Infection-Wash Right

Why should I wash my hands?

- Every year in the United States 2 million patients get an infection during a hospital stay.
- Infections in the hospital can be hard to treat and life threatening. Washing your hands is one of the best ways to prevent the spread of disease.

Who should be washing their hands?

- You - the patient must wash your hands often.
- Your visitors must wash their hands before and after caring for you.
- All health care providers must wash their hands anytime they enter your room, before putting on gloves, and after taking off their gloves.

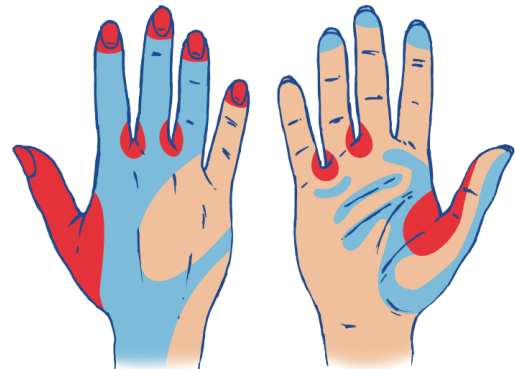
What should I use to wash my hands?

Use soap and water

- If your hands look dirty, after you use the bathroom, and before you eat or prepare food.
- When you have *Clostridium difficile*

Use alcohol based hand rub

- If your hands do not look dirty
- If soap and water is not available.



Red circle: Areas most frequently missed during hand washing

Blue circle: Less frequently missed

Tan circle: Not missed © Royal College of Nursing

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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