



# 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.



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