Protect Yourself
By Cleaning Your Hands

Germs that cause serious infections are in health care settings

- When you are a patient or visitor, you might get germs on your hands from things you touch.
- Cleaning your hands will get rid of these germs.
- **Alcohol-based hand sanitizer** is the easiest way to clean your hands.

**WHEN TO CLEAN YOUR HANDS:**

- After touching bed rails, bedside tables, remote controls, or phone.
- After touching doorknobs.
- After using restroom (use soap and water).
- Before touching your eyes, nose, or mouth.
- Before eating (use soap and water).
- Before and after changing bandages.
- After blowing your nose, coughing, or sneezing.

Developed in collaboration with Patient Family Centered Care & Infection Prevention and Control