

Facts about Hand Hygiene

Approximately 80% of infectious diseases are spread by touch.

Proper hand washing can reduce diarrhea-related illnesses by 30-40% and respiratory infections by about 20%.

Hands should be washed under running water, scrubbing all parts of your hand (palms, backs, between fingers and under nails).

Wash your hands before and after preparing food, eating or treating wounds. Always wash after using restroom, coughing, and sneezing. Always wash before eating or touching your face.



Infection
Prevention:
Keep the
Community
Safe

Infection Prevention:
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What is the most important way to stop the spread of germs?

!!Clean Hands!!

Health care workers clean their hands before and after caring for patients. **Visitors** should clean their hands when entering and leaving patient rooms.

Masks and protective clothing

Masks are used when someone has an infection or symptoms like coughing or sneezing. Masks keep germs from spreading to others.

Protective clothing such as gowns, gloves and eye protection is worn and then removed after visiting or assisting an infectious patient. They keep clothing from getting germs on them and spreading them throughout the hospital.

Infection prevention: Keeping Everyone Safe

Hospitals and clinics care for many people every day. Some patients have infections, and others may be more likely to get sick. Infection prevention helps protect **patients, visitors, and healthcare workers.**

Signs and Carts

Signs on doors explain what steps visitors should take before entering a room. All supplies needed will be in an isolation cart outside the patient's rooms.

Visitors and Movement

Patients with infections may be asked to remain in their room to reduce the spread of germs. Visitors should also wait until they are well before visiting

Why Prevention Matters

These steps protect patients with weaker immune systems and reduce the spread of illness. They also keep the healthcare setting safer for everyone including staff who are working hard to take care of patients.

Thank you for helping keep our community and patients healthy.