

**Handwashing = Good!**

- Use an antiseptic hand cleanser and rub your hands until dry.
- Wash with soap and warm water and lather over all parts of hands and fingers for 15 seconds.
- Rinse well with water.
- Dry hands well with paper towels and then use paper towels to turn off the faucet.

**Germs = Bad!**

- Prevents illnesses and infections.
- Saves lives.
- Saves money.

**"Live Long and Prosper"**  
Clean your hands!  
It's logical!

Use an alcohol-based hand cleanser!

It only takes 30 seconds!  
It can save lives!

**STOP DISEASE IN ITS TRACKS!**

**URGENT!**  
**DECONTAMINATE YOUR HANDS!**

**WHEN:**

- Before eating.
- After using restrooms.
- After coughing or sneezing.
- After being near someone who is coughing or sneezing.
- After touching trash.

**HOW:**

- Rub an alcohol-based hand cleanser vigorously over all parts of hands.
- Use antimicrobial soap and water and lather over all parts of hands.
- Rub hands vigorously for 15 seconds.
- Rinse and dry well.
- Turn off tap water with paper towel.

**WHY:**

- Stay healthy.
- Prevent colds.
- Prevent flu.
- Prevent diarrhea.
- Prevent spread of other sicknesses and diseases.

**LÁVESE LAS MANOS**  
Lávase las manos con frecuencia.

- Use palm surfaces.
- Use back surfaces.
- Use fingers.
- Use thumbs.
- Use wrists.

**STOP PLEASE REMOVE GERMS BY CLEANING YOUR HANDS!**

Don't worry! Before germs, most people don't wash their hands long enough to get rid of it!

Oh no! Just 15 seconds of lathering with soap and water can reduce the amount of bacteria by more than 99%.

**DOWN THE DRAIN!**

**Don't Get Caught Germy Handed**

On each square centimeter of your palm, there are about 1,500 bacteria.

Proper use of an alcohol-based rub can reduce the amount of bacteria by more than 99%.

Cleaning your hands frequently and thoroughly is one of the most important things you can do to protect your health and the health of others.

**IF YOU HAVE A COUGH OR SNEEZE**

Please ask the receptionist for a mask or tissue.

Clean your hands with an alcohol-based hand rub or wash with soap and water.

Covering your mouth when you cough or sneeze and cleaning your hands after you cough or sneeze will help to protect others from infection.

**Thank you!**

**Stop the Spread of Germs**

- Use tissues to cover coughs and sneezes.
- Keep hands clean.
- Use alcohol-based hand cleanser or soap and water.

**BREAK THE GERM CYCLE**

Stop the spread of germs from patients, staff, family, and others... Clean your hands!

**A Quick Test**

A colleague or a patient asks, "Did you clean your hands?" The best response is:

- "Thank you! I did."
- "I forgot - but thanks for reminding me!"
- "Who are you - the JCAHO inspector?"
- Just look at the person like he/she is a total moron.

Correct answers are A or B.

Remember, clean hands save lives.

**Some Habits Are Good**

Using an alcohol hand rub as the primary way to kill the germs on your hands before and after touching a patient is a good habit to have. It is proven to reduce health care acquired infections.

Work to make it one of your habits.

See your Infection Control Professional or Patient Safety Manager for a summary of the other things you can do to prevent patients from acquiring infections while in your care.

**Patients & Visitors:**

It's okay to ask health care providers if they have cleaned their hands.

**Todos Formamos Parte de un Equipo**  
¡Detengamos la propagación de gérmenes!

Cúbrase la boca y la nariz al toser y al estornudar  
Lávase las manos

**Stop Spreading Germs in Seconds!**

**Decontaminate Your Hands!**

**HEALTH ALERT:**  
Coughing spreads germs. Protect yourself and others.

- Cover your coughs.
- Ask about a face mask.
- Clean hands often.

**ALERTA DE SALUD:**  
Al toser se transmiten microbios. Protéjase Ud. y a los demás.

- Tápese la boca al toser.
- Pídale al médico usar una máscara de cara.
- Lávase las manos con frecuencia.

**Don't Let Germs Get You Down**

- Clean hands often.
- Use a tissue to cover your coughs or sneezes.

**SAVE TIME**

Taking 30 seconds to clean your hands could save your patient days recovering from an infection. Clean your hands!

**Softer Skin is Possible**

Did you know that alcohol hand rubs have been clinically shown to improve the skin condition of health care workers who start using them frequently? This is due to emollients added specifically to prevent or diminish skin problems.

Combined with the facts that alcohol is better at killing germs than soap, and can be used faster and easier, there's no reason not to make the alcohol hand rub your first choice for hand decontamination when your hands are not visibly soiled.

**Cover Your Coughs and Sneezes**

- Use a tissue to cover your sneezes and coughs.
- Sneeze or cough into your elbow if you do not have a tissue.
- Clean your hands often.
- When needed, wear a mask to protect yourself and others from germs.

Clean Hands Save Lives



**Infection:**  
Don't Pass It On

**Infection: Don't Pass It On**  
**A VA Campaign for Public Health**

[www.publichealth.va.gov/infectiondontpassiton](http://www.publichealth.va.gov/infectiondontpassiton)



**DO YOUR PART KEEP AMERICA HEALTHY**  
Sneezing and coughing spread germs

Protect yourself and others by covering your coughs and sneezes with a tissue. Dispose of used tissues.

Clean your hands often with an alcohol-based hand cleanser or soap and water.

**CDC Guidelines on Hand Decontamination for Patient Care**

**HOW TO USE AN ALCOHOL-BASED RUB**  
Apply product to palm of one hand and rub hands together, covering all surfaces of the hands and fingers. Rub hands with water and dry thoroughly with a disposable towel. Use towel to turn off the faucet. Avoid using hot water, because repeated exposure to hot water may increase the risk of dermatitis.

**HOW TO USE ANTIMICROBIAL SOAP**  
Wet hands first with water, apply an amount of product recommended by the manufacturer to hands, and rub hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Rinse hands with water and dry thoroughly with a disposable towel. Use towel to turn off the faucet. Avoid using hot water, because repeated exposure to hot water may increase the risk of dermatitis.

**What Are the Top 10 Carriers of Infectious Agents?**

Use an alcohol hand rub or antimicrobial soap to decontaminate your hands.