

# HAND HYGIENE – Protect Yourself

## PROTECT YOURSELF BY CLEANING YOUR HANDS OFTEN

Germs that cause serious infections are in healthcare facilities.

When you are a patient or visitor, you might get bad germs on your hands from things you touch. Clean your hands often to get rid of these bad germs.

**ALCOHOL-BASED HAND SANITIZER** is the preferred way to clean your hands. It kills the bad germs while the good germs quickly grow back on your skin.

### WHEN TO CLEAN YOUR HANDS:

AFTER TOUCHING BED  
RAILS, BEDSIDE TABLES,  
REMOTE CONTROLS, OR PHONE

BEFORE TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH

BEFORE  
EATING  
(Use soap  
and water)

AFTER TOUCHING  
DOORKNOBS

AFTER USING  
RESTROOM

(Use soap  
and water)

BEFORE  
AND AFTER  
CHANGING  
BANDAGES

AFTER BLOWING YOUR NOSE,  
COUGHING, OR SNEEZING

#CleanHandsCount  
for everyone

[www.cdc.gov/HandHygiene](http://www.cdc.gov/HandHygiene)

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