

Q: Why are there so many germs in hospitals?

A: Because hospitals are full of sick people! Seriously, there are more germs in hospitals because so many people are packed into a small area; some of them with very serious illnesses. This means that the nasty germs that cause infections are everywhere. They hide on the surfaces of walls, trays, toilets, cups, instruments and even ductwork, but the place they like to hide best is on the **hands**.

Q: How do germs spread and cause infections?

A: **Hands! Hands down**, it's the hands that spread most of the germs. Every time a doctor, nurse, medical technician, food server or visitor touches an object, germs go along for the ride.



Q. What can be done to reduce the chances of getting a hospital infection?

A: Every time hospital staff members or visitors come into your room, ask them to wash/sanitize their hands. Make sure that housekeeping always uses an antiseptic solution when they wipe the tray in your room along with the windowsill, doorknobs, bed frame and other objects. And, always wash/sanitize your hands after using the toilet or touching food trays, medicine containers or cups. When someone enters your room, don't shake hands: **Do you really know where that hand has been?**

Q: If I'm always asking the staff to wash or sanitize their hands before they approach my bed won't they get mad and ignore me?

A: No! The hospital staff works hard to prevent infections so they'll understand why you asked. They know the value of hand hygiene and the important role it plays in preventing the spread of infections. Also, when you show them the cute little "Did you wash/sanitize your hands?" **bug**, they'll get the message.



Q: Are there other ways hospital personnel can wash their hands?

A: Yes, hospital personnel are now using waterless systems known as hand sanitizers.



Partners In Care gives you the facts about hand hygiene and empowers you to ask.

Healthcare Facility Name and Logo

Q: Is there anything else I can do to help prevent the spread of germs and infection?

A: YES. After touching objects in your room or returning to your room after being in another part of the hospital wash your hands. Don't rub your eyes or put your fingers in your nose or mouth. Germs enter your body through your eyes, nose and mouth and we don't want this to happen.

Q. What else are hospitals doing to prevent infection?

A: Hospitals work hard at keeping things clean and germ free; however, they need your help when it comes to reminding doctors, nurses, medical techs, food servers, housekeeping and visitors to wash/sanitize their hands. Show the staff that you're hand hygiene savvy and the next time someone enters your room just say **"wash/sanitize your hands, please."** You'll be glad you did.

PARTNERS IN CARE

All For One



ONE Patient

ONE Healthcare Worker

ONE Question...

Did you wash/sanitize your hands?

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