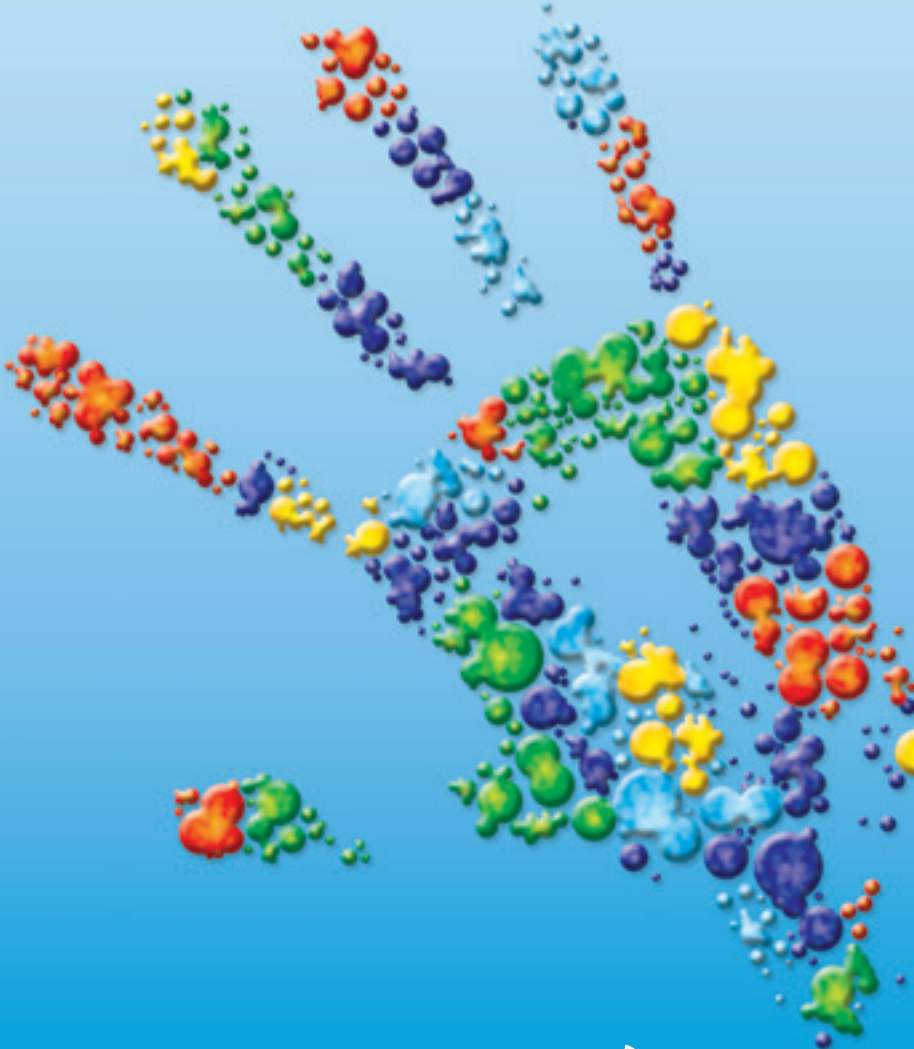


CLEAN HANDS PROTECT LIVES.

Your Health Care – Be Involved



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Hand cleaning is one of the best ways you and your health care team can prevent infections from spreading.

Did you know that the main way germs can spread is by hand?

Keeping hands clean is the best thing you and your health care team can do to prevent infections from spreading to others. That's so important in hospitals and other places where the risk of infection is high.



In Canada, one in nine patients gets an infection while in hospital.

Sometimes patients get infections when they are in the hospital.

Thousands of times a day, members of your health care team handle things that could have harmful germs. Without good hand cleaning, these germs can spread to patients and cause infection.

Your health care team works hard to keep their hands clean.

Your health care team plays a big role in preventing the spread of infection. They are committed to giving you clean, safe care.



When should your health care team wear gloves?

Wearing gloves does not prevent germs from spreading from patient to patient. So, don't expect your health care team to always wear gloves. But do expect them to clean their hands at the right time and in the right way.

There are times when your health care team should wear gloves. For instance, they wear gloves when they are treating open wounds or taking blood.

They may also wear gloves when taking care of a patient in isolation (in a room by themselves). These patients need special care and protection. If you are visiting a patient in isolation, you may also have to wear special protection, such as gloves, a mask, or a gown.

Once your health care team is finished with a task, they will throw the gloves away. They clean their hands carefully both before and after using the gloves.

There are important moments when your health care team should clean their hands, such as:

- After touching objects in a patient's room and going to another room
- Before and after treating patients
- Before and after special procedures, such as giving a needle
- After contact with body fluids, such as blood or urine

When you come to a hospital, hand cleaning is your job too.

Whether you are a patient or a visitor, do your part to prevent germs from spreading.

Think about the times that you would clean your hands at home, such as:

- Before and after eating
- After using the washroom
- After sneezing or coughing

Make sure you clean your hands at these times and even more often when you are in the hospital.



There are two ways to clean hands.

You can clean your hands by using:

1. Hand rub provided by the hospital
2. Soap and water using the soap in the dispensers at the sink

After cleaning, make sure your hands are dry before you touch anything. This is very important when you use the hand rub.

Visitors who do not feel well should not come to see you.

When you are in the hospital, don't be shy about telling visitors to stay home if they are not feeling well. That's another big way we can keep infections from spreading in the hospital.