

80% of germs are transferred by touch.

As a patient or visitor in a health care setting, you have a role in preventing the spread of germs that cause serious infections. Clean your hands often.

Clostridioides difficile or C.diff is an infection that causes severe diarrhea. If you have C. diff, you, your loved ones, and health care providers should wash hands with soap and water to prevent spread to others.

Stay healthy by making handwashing a regular part of your cooking routine. Wash hands to prevent spreading germs to your food and your family.



As a patient, keep your hands clean—and make sure your health care providers clean their hands before touching you.

You should Speak Up for your safety. It is okay to set expectations for your health care team. An examples is “Before you start the exam, please clean your hands again.”

Your hands have good germs on them that your body needs to stay healthy but can also have bad germs on them that make you sick. While alcohol-based hand sanitizers kill the good and bad germs, the good germs quickly come back on your hands.

Patients, family and visitors are part of the team to prevent the spread of germs. Make sure EVERYONE is cleaning their hands well.

Handwashing is the single most effective way to prevent the spread of infection.

Frequent and thorough handwashing is one of the best ways to prevent the spread of infection and avoid getting sick. Tips:

- Sing “Happy Birthday” **twice** to know you’ve washed your hands long enough
- When you wash your hands, be sure to scrub all surfaces, including the back of your hands, between your fingers, and under your nails
- Public toilets and door handles harbor all kinds of germs. Avoid the spread of germs and use a paper towel to flush the toilet and open the door



**Indiana Patient
Safety Center**

of the Indiana Hospital Association