Hand Hygiene

is the #1 way to prevent the spread of infections

Take action and practice hand hygiene often.

- Use soap and water or an alcohol-based hand rub to clean your hands.
- It only takes 15 seconds to practice hand hygiene.

Ask those around you to practice hand hygiene.

- Your doctors and nurses should practice hand hygiene every time they enter your room.
- You and your visitors should clean your hands before eating, after using the restroom, and after touching surfaces in the hospital room.

For more information, please visit www.cdc.gov/handhygiene or call 1-800-CDC-INFO

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