

Handwashing Information for Patients

What are the handwashing guidelines for healthcare workers and visitors in the hospital?

- All healthcare workers must wash their hands with soap and water or use an alcohol-based hand rub (like hand sanitizer) when entering or leaving a patient's room. Visitors are strongly encouraged to do the same.
- All healthcare workers must clean their hands before and after wearing gloves.

What should I do if I don't see healthcare workers following these guidelines?

If you do not see members of your healthcare team wash their hands or use an alcohol-based hand rub, **it is OK to ask** them to wash their hands. Asking them to clean their hands can help reduce the spread of infections, keeping you and other patients safe.

What handwashing guidelines should I follow?

Patients should clean their hands often.

- Alcohol-based hand rub is available both inside and outside patients' rooms.
- Sinks with soap and water are also available in most patient spaces. It is important to wash your hands for at least 15 seconds using soap and water.

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