Hand Hygiene
Tips For Patients

Doctors and nurses care for many people each day, often touching patients and their surroundings. While providing this much-needed care, they risk spreading germs to you if they do not clean their hands. Hand hygiene is the most effective way to reduce the chance of spreading germs and catching a health care-associated infection.

Did You Know?

Simply asking your healthcare workers to clean their hands before touching you can help you avoid a healthcare-associated infection.

You can participate in hand hygiene improvement while receiving care.

Ask — Ask if a patient participation program exists for hand hygiene. If yes, ask for more information and express your interest in participating.

Don't Be Afraid — Don't be afraid to ask about hand hygiene practices in the clinic. You have the right to ask for information and to check if best practices are in place.

Observe — Observe if alcohol-based handrub dispensers, as well as sinks, soap and paper towels are available in your clinic and if patients and healthcare workers can get to them easily.

Thanks — If hand hygiene products are available, start by thanking your doctor, nurse, or other healthcare worker when you see them cleaning their

When to Remind Your Healthcare Worker

- When they enter the treatment area
- Before putting on or after removing gloves
- Before they touch you or your access site
- After they touch you or your access site
- After they touch any part of your care area, including your chair, medical chart, or dialysis machine

How to Remind Your Healthcare Worker

- Keep it positive and polite.
- Say thank you to show your appreciation before or after they complete a hand hygiene action.
- Keep it simple:
  "Thank you for your hand hygiene action."
  "Did you clean your hands?"
  "Did I remind you about hand hygiene?"

Remember, You Are a Part of the Team Too!

- Always wash your hands before and after treatment
- If you have a fistula or graft, you must stop at the sink and wash it before treatment