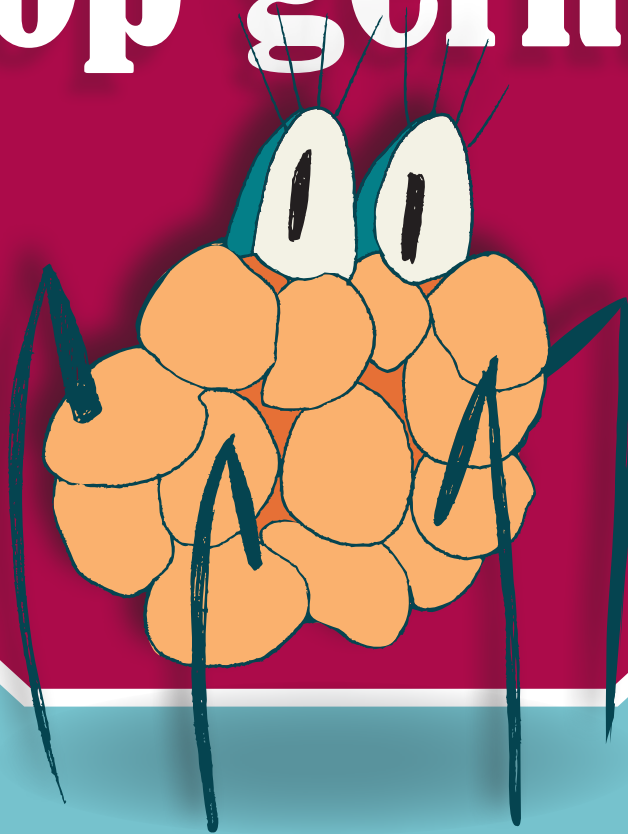


**Clean hands  
stop germs.**



*Ask how you can help.*

**Washing your hands prevents infections.**

Learn more: [www.apic.org/IPandYou](http://www.apic.org/IPandYou)



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Association for Professionals in  
Infection Control and Epidemiology

# Infection Prevention *and YOU*

**Clean hands stop germs.**  
*Ask how you can help.*

Infection prevention is everyone's responsibility. And keeping your hands clean is the number one way to keep germs from spreading.

Wash your hands regularly with soap and water or use hand sanitizer often to prevent the spread of infection. It's pretty easy!

**Clean your hands:**

- ✓ After using the bathroom
- ✓ After sneezing, blowing your nose, or coughing
- ✓ Before eating
- ✓ Whenever your hands are dirty

Make sure that everyone around you, including your healthcare providers and your visitors, do too. Did you see them clean their hands? If not, ask them to do it again!

Please speak up for your care, and ask plenty of questions when you go into any healthcare facility. Don't be shy. After all, we're talking about your health.

**Washing your hands prevents infections.**

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