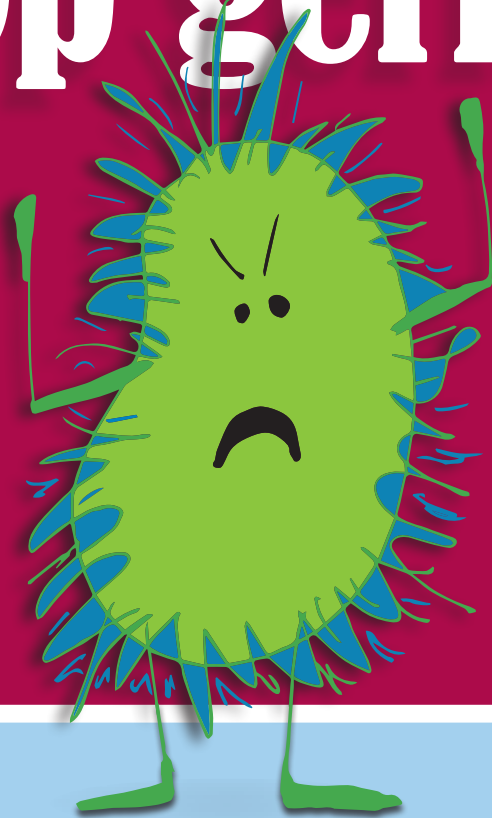


**Clean hands
stop germs.**



Ask us if we washed.

Washing your hands prevents infections.

Learn more: www.apic.org/IPandYou



APIC

Association for Professionals in
Infection Control and Epidemiology

Infection Prevention *and YOU*

Clean hands stop germs.
Ask us if we washed.

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.

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