

## How You Can Help:

- Ask everyone who comes in your room to clean their hands
- Wash or gel your own hands when you enter or leave the room and after using the bathroom
- Follow additional infection precautions the hospital is using
- Ask your friends and family not to visit if they are sick
- Get a flu shot
- Cover your nose and mouth when you cough or sneeze
- Finish all antibiotic medicine your doctor prescribes, even if you feel better before they run out



## Washington State Hospital Association

### In partnership with:

Association for Professionals in Infection Control and Epidemiology

Northwest Organization of Nurse Executives

Service Employees International Union (1199NW)

Society for Healthcare Epidemiology of America

United Staff Nurses Union (UFCW 141)

Washington State Medical Association

Washington State Nurses Association

Help us  
Help you

## • PREVENT INFECTIONS



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Janet VanDyke  
Washington State Hospital Association  
300 Elliott Ave West  
Suite 300  
Seattle, WA 98119  
(206) 577-1839  
[janetv@wsaha.org](mailto:janetv@wsaha.org)

Revised 12/09 to meet the requirements of HB 1123, enacted 07/26/09.



Washington State Hospital Association

Please ask:  
“Did you wash  
or sanitize?”  
your hands?”

## Make your care safer. Ask your doctor, caregivers, and visitors to wash or sanitize their hands.

### When and where?

Ask the question any time your doctor, nurse, or health care worker is about to touch you or things that are used in your care. Ask about hand washing or sanitizing in your room or anywhere else in the hospital where you get treatment.

### Isn't it rude to ask?

No! Health care workers are interested in your care and will expect you to ask them about hand hygiene!

They want you to ask.

### What else can be done?

Your doctor and nurse will often wear gloves. They might also wear masks or gowns.

Some germs are harder to stop. More must be done to keep them from spreading. When these germs are around visitors and family members might also be asked to:

- wear a gown, mask, and gloves
- not eat in the room

### Who?

Health care providers in Washington State are working to stop the spread of infection. Now we need YOU to join our team. Everyone, including you, should wash or use alcohol-based hand gel when entering or leaving a patient room. Don't be afraid to ask, “*Did you wash or sanitize your hands?*”

### Why?

Germs that cause infection are everywhere. Cleaning your hands is an important way to stop them from spreading.

Patients can develop infections in hospitals. This makes it much harder for them to get better. Our goal is to keep you safe from infection and we need your help.

### What about other patients?

Germs that cause infection are everywhere in our environment. Sometimes, patients with an infection share a room or come in contact with a patient who is not infected. This may include patients with hard-to-treat infections like Methicillin-resistant *Staphylococcus aureus* (MRSA).

The hospital is committed to keeping all patients safe. We follow guidelines from the Centers for Disease Control and Prevention (CDC) to keep patients safe and stop the spread of germs. If you have any concerns, please discuss them with your doctor or nurse.

