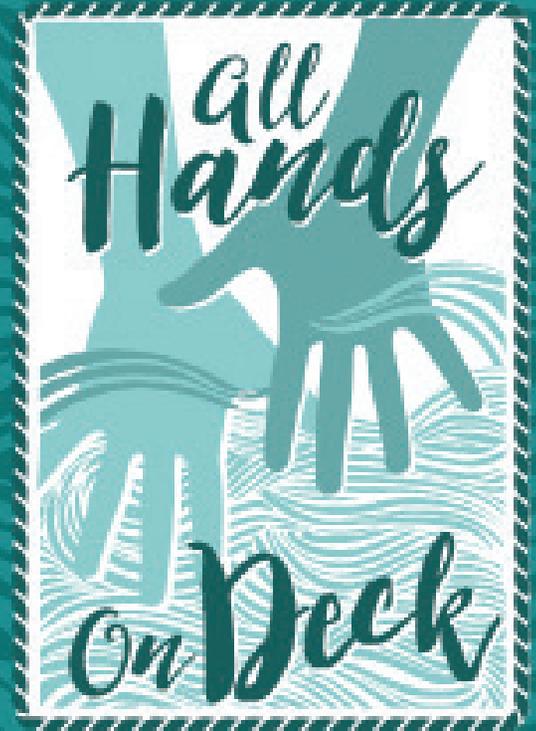




**Spread the word.
Not the germs.**

Help remind others
that we need to be
all hands on deck for
healthy hygiene.

Learn more at
jackson.org/allhands



FOR
HEALTHY HYGIENE

Good hand hygiene is
hands down the simplest
and most effective way to
prevent infections.



jackson.org



Clean hands can prevent the spread of germs, even the ones that are becoming resistant to antibiotics. Patients and healthcare providers need to work together to ensure we keep the upper hand against germs.

HANDY INFORMATION:

Hand hygiene works better when patients and healthcare providers work together.

PUT YOUR HANDS TOGETHER

Compared to soap and water, alcohol-based hand sanitizers are better at reducing bacterial counts on hands and are effective against multidrug-resistant organisms (e.g., MRSA). They're also less drying and irritating. Make sure you use a generous amount, rub until dry, about 20 seconds.

Pay particular attention to these often-missed areas: between your fingers, thumbs and fingertips.

Patients and healthcare providers should discuss hand hygiene:

PROVIDERS: Wash hands early and often during a consultation. Wash hands when finished.

PATIENTS: It's ok to ask for someone to wash their hands to prevent the spread of germs.

Everyone should have a hand in preventing the spread of germs.

HANDY INFORMATION:

Alcohol-based hand sanitizer does not create antibiotic-resistant superbugs

Your hands have good germs on them that your body needs to stay healthy. Your hands can also have bad germs on them that make you sick. Alcohol-based hand sanitizers kill the good and bad germs, but the good germs quickly come back on your hands.

Patients, make sure you and your visitors are cleaning your hands at these important times:

- Before eating
- Before touching eyes, nose or mouth
- After touching doorknobs,
- After using the restroom (using soap and water)
- After sneezing, blowing nose or coughing
- After touching bed rails, bedside table, remote control or phone
- Before and after changing bandages

GETTING A HANDLE ON INFECTION

Common healthcare-associated infections can cause severe diarrhea. If you have signs of any infection, make sure your healthcare providers wear gloves to examine you. You and your loved ones should wash your hands with soap and water to prevent the spread of infection.

HANDY INFORMATION:

Alcohol-based hand sanitizer does not kill infections. Use soap and water instead.



WASHING WITH SOAP AND WATER:

WET your hands with clean, running water (warm or cold) and apply soap.

LATHER your hands by rubbing them together with the soap. Be sure to follow the six step method which will address critical areas between your fingers and under your nails.

SCRUB your hands for at least 20 seconds.

RINSE your hands well under clean, running water.

DRY your hands using a clean towel and use towel to turn off faucet.