

# Patients, Family, and Friends: What You Can Do To Help

## *Please Wash Your Hands*

### **What is the Main Problem?**

The lightest touch can transfer germs from your skin to the patient's skin. The patient can also transfer germs to you from his/her skin. Everything in the patient's room may have germs on the surface. This includes the bed and blankets. We want to stop the transfer of germs and prevent you or the patient from getting an infection.

### **What do I need to do?**

#### **Protect Yourself and Your Loved One**

Use the alcohol-based hand sanitizer in each room:

- Every time you enter and leave the room
- Every time you touch the patient or something in the patient's room

Wash your hands with soap and water:

- Each time you use the bathroom
- Before you eat
- If your hands are visibly dirty

Encourage the patient you are visiting to do the same.

### **Why is it Important for me to do this?**

Hand washing is the single most important way to stop the spread of germs that cause infections. Hospital staff are expected to wash their hands before and after they touch you or anything in your room. It is okay to remind staff to wash their hands.

**YOU** can make a difference by simply washing your hands.

\*If the patient you are visiting has diarrhea he/she may have a germ called Clostridium difficile. Please **ONLY** use soap and water during each visit because this germ is not killed with the alcohol-based hand rubs. There should be a sign on the door and on the dispenser to act as a friendly reminder.

If you have any questions, please ask your Nurse (RN), Patient Care Assistant (PCA), or any member of the Bronson Staff.