

Pledge for Clean Hands

To Help Keep Each Other Safe

As a resident of this facility it is okay for me to speak up for clean hands.

Washing your hands for at least 20 seconds is the most effective way to prevent the spread of diseases like the flu, cold, and COVID-19.

When should I wash my hands?

Before:

- Touching your eyes, nose, or mouth
- Leaving the bathroom

Before and after:

- Eating
- Leaving your room

After:

- Blowing your nose, coughing, or sneezing
- Touching common surfaces and objects such as bed rails, remote controls, or the phone
- Touching garbage



When should I ask others to wash their hands?

Before:

- Entering and leaving the room
- Leaving the bathroom

Before and after:

- Your team provides personal care such as treating a cut or wound
- Receiving medications
- Handling equipment
- Close contact with others

After:

- They blow their nose, cough, or sneeze

**Your healthcare team supports this effort and cares about your health.
Speak up and remind us to keep our pledge for clean hands.**