

# 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:

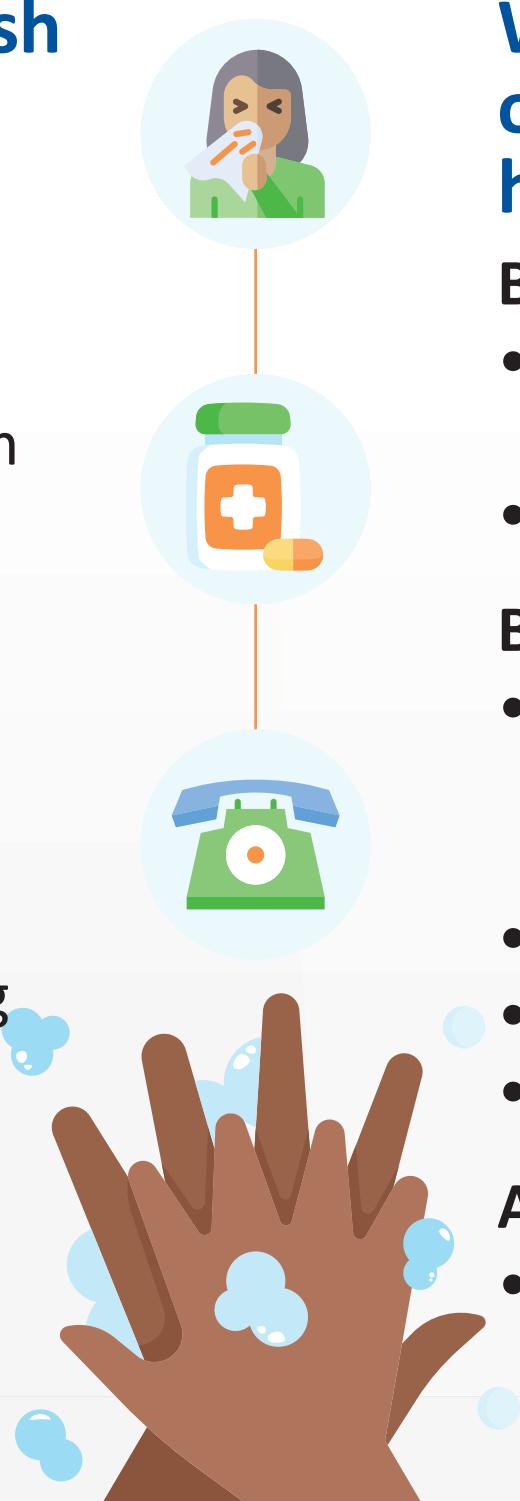
- Touching your eyes, nose, or mouth
- Leaving the bathroom

#### 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.