



Protect Yourself By Cleaning Your Hands

Germs that cause serious infections are in health care settings

- When you are a patient or visitor, you might get germs on your hands from things you touch.
- Cleaning your hands will get rid of these germs.
- **Alcohol-based hand sanitizer** is the easiest way to clean your hands.

WHEN TO CLEAN YOUR HANDS:

AFTER TOUCHING BED
RAILS, BEDSIDE TABLES,
REMOTE CONTROLS, OR PHONE

BEFORE TOUCHING YOUR
EYES, NOSE, OR MOUTH

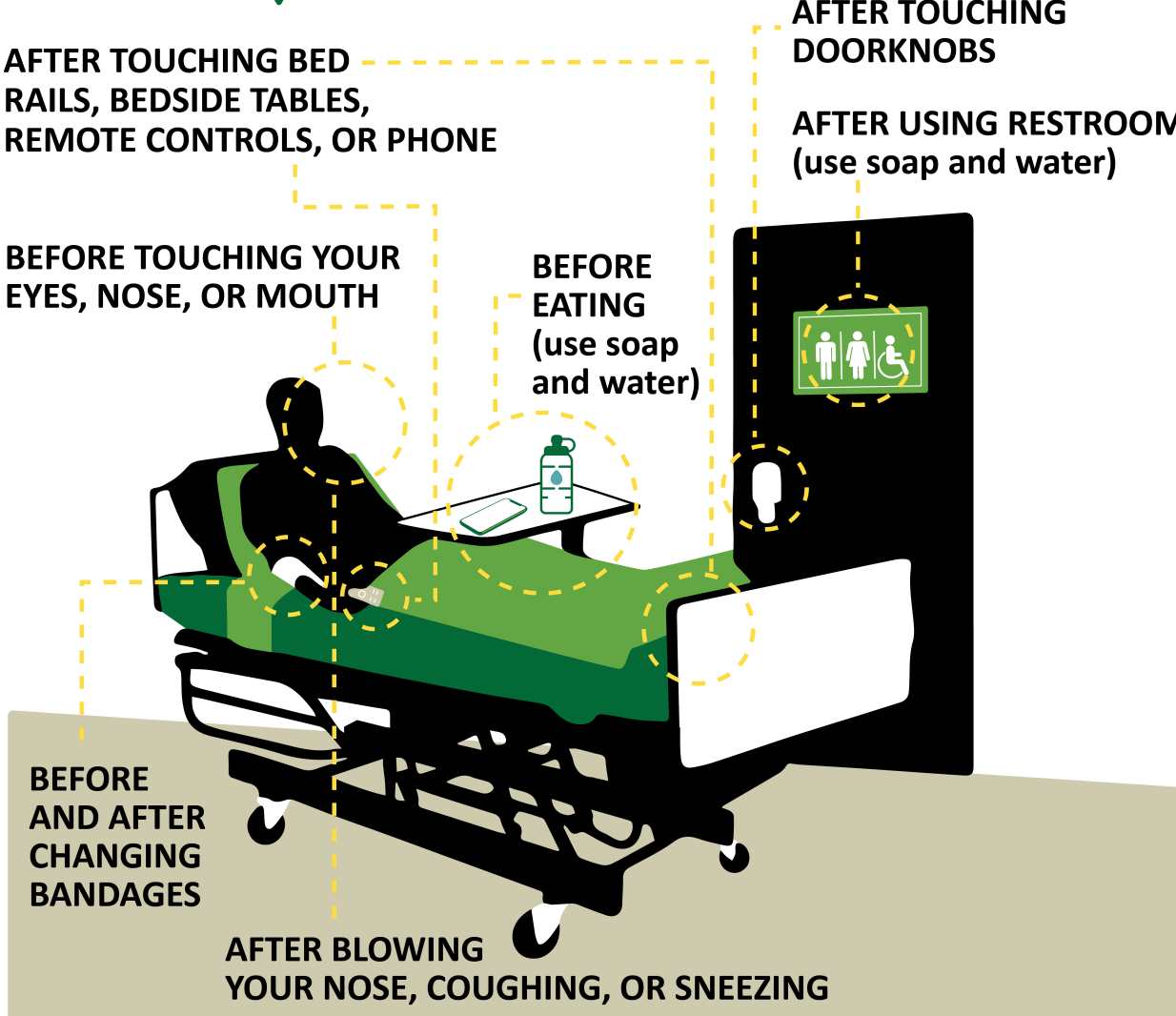
BEFORE
EATING
(use soap
and water)

AFTER TOUCHING
DOORKNOBS

AFTER USING RESTROOM
(use soap and water)

BEFORE
AND AFTER
CHANGING
BANDAGES

AFTER BLOWING
YOUR NOSE, COUGHING, OR SNEEZING



Scan to plan a safe visit

Developed in collaboration with Patient Family Centered Care & Infection Prevention and Control

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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