

How You Can Help:

- Ask everyone who comes in your hospital room or exam room to clean their hands
- Wash or gel your own hands when you enter or leave the room
- Wash your hands after using the bathroom
- Follow additional infection precautions the hospital or clinic is using
- Ask your friends and family not to visit if they are sick
- Get a flu shot
- Cover your nose and mouth when you cough or sneeze and wash your hands
- Finish all antibiotic medicine your doctor prescribes, even if you feel better before they run out



Washington State
Hospital Association

In partnership with:

Association for Professionals in Infection Control and Epidemiology

Northwest Organization of Nurse Executives

Service Employees International Union (1199NW)

Society for Healthcare Epidemiology of America

United Staff Nurses Union (UFCW 141)

Washington State Medical Association

Washington State Nurses Association



Washington State Hospital Association
999 Third Avenue
Suite 1400
Seattle, WA 98104

Please ask:
“Did you wash
or sanitize
your hands?”

Who?

Health care providers in Washington State are working to stop the spread of infection. Now we need YOU to join our team. Everyone, including you, should wash or use alcohol-based hand gel when entering or leaving a patient room or exam room. Don't be afraid to ask, *“Did you wash or sanitize your hands?”*

Why?

Germs that cause infection are everywhere. Cleaning your hands is an important way to stop them from spreading.

Patients can develop infections in health care settings. This makes it much harder for them to get better. Our goal is to keep you safe from infection and we need your help.

Make your care safer.

Ask your doctor, caregivers, and visitors to wash or sanitize their hands.

When and where?

Ask the question anytime your doctor, nurse, or health care worker is about to touch you or things that are used in your care. Ask about hand washing or sanitizing in your room or anywhere else where you get health care treatment.

Isn't it rude to ask?

No! Health care workers are interested in your care and will expect you to ask them about hand hygiene!

They want you to ask.

What else can be done?

Your doctor and nurse will often wear gloves. They might also wear masks or gowns.

Some germs are harder to stop. More must be done to keep them from spreading. When these germs are around, visitors and family members might also be asked to:

- wear a gown, mask, and gloves
- not eat in the room

What about other patients?

Germs that cause infection are everywhere in our environment. Sometimes, patients with an infection share a room or come in contact with a patient who is not infected.

We are committed to keeping all patients safe. We follow guidelines from the Centers for Disease Control and Prevention (CDC) to keep patients safe and stop the spread of germs. If you have any concerns, please discuss them with your doctor or nurse.

