Work with your healthcare team by:

- cleaning your hands with either soap and water or alcohol rub.
- asking doctors, nurses or other healthcare staff for advice on cleaning your hands to help you maintain good personal hygiene.
- asking doctors, nurses or other healthcare staff if they have cleaned their hands before touching you.
- telling your visitors to clean their hands each time they enter or leave your room.
- telling your visitors not to touch your wounds, dressings, or other equipment being used to treat you.

_The alcohol rub is available for everyone to use._
Hand Hygiene and your Healthcare Team

What to expect from healthcare workers

Your healthcare team should clean their hands:

• Before touching you
• After touching you
• Before and after a procedure
• Before and after using gloves
• After touching your surroundings (e.g. your bed)

Why this is important

By cleaning our hands we help reduce the spread of infection in hospitals. Avoiding infections is one way to help you get better and go home sooner.

Do pass any comments you may have on hand hygiene to the Healthcare team