



Making Connecticut Safer

Two Hands at a Time

Although hand washing is not a new idea, Connecticut is renewing its commitment to promoting this simple task to reduce healthcare associated infections and ensure patient safety. Hospitals and nursing homes across the state are pledging their support and renewing their efforts to promote hand washing as a way to further protect their patients, their employees, and Connecticut's communities.

Reducing healthcare associated infections

- Patients in hospitals and nursing homes can sometimes be at risk for healthcare associated infections.
- Necessary healthcare procedures, such as IVs, catheters, and wound care, can expose patients to infection if proper steps are not taken.
- Hand washing is an important step in reducing the spread of infections in hospitals, nursing homes, and the community.

Hand washing in hospitals and nursing homes

- A patient's healthcare team consists of all the people that come in contact with him or her at the hospital or nursing home. This includes all the healthcare workers —doctors, nurses, and assistants. It also includes the patient's friends and family.
- Everyone on the healthcare team should wash their hands *before* they touch the patient—that means everything from taking blood pressure to giving a hello hug to a friend. And everyone should wash their hands *afterwards* as well!

Your role

- As a patient, family member, or visitor, you have a role to play in reducing healthcare associated infections
- Wash your hands using soap and water or an alcohol-based gel.
- It's okay to ask others to wash their hands. Remember to thank them.

*Protect your family, your friends,
and your community*

CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH




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**Remember to wash
your hands before
and after your visit.**

(And before and after you eat, too!)


*Protect your family, your friends,
and your community*



Did you know?

People do not wash their hands as often as they think they do.

Recent surveys have found that while over 9 out of 10 people claim they always wash up after using the restroom, only about 3 out of 4 actually do.



**Did you
know?**

Some viruses
and bacteria can
live from 20 minutes
up to 2 hours or more
on surfaces like tables,
doorknobs, and desks.

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Coming?

Leaving?

Thank You for
Washing Your Hands!

Protect your family, your friends, and your community

Our Pledge



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