

### 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!

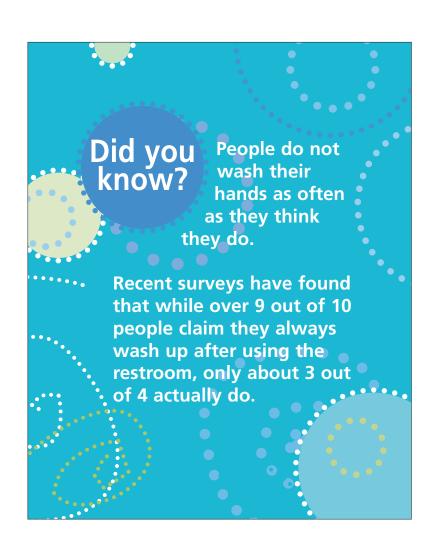
#### Your role

- 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









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