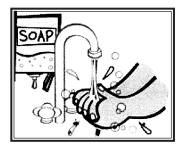# HAND WASHING

Hand washing with soap and water or alcohol-based hand cleaner is the best way to keep harmful germs from spreading. Hand washing is very important when you are in a hospital.

YOU SHOULD KNOW THAT:
- Doctors, nurses and other staff must wash their hands before giving care to patients
- Visitors should wash their hands before and after visiting a patient

IT IS OKAY FOR YOU OR YOUR FAMILY MEMBER TO:
- Ask anyone who touches you if they have washed their hands
- Ask visitors who are sick (even with a cold) not to visit you

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At University of Maryland Medical Center we take infection prevention very seriously. If you have concerns about good hand washing, you may call PATIENT ADVOCACY AT

410-328-8777.