

Hand Hygiene Saves Lives: Patient Admission Video (Short Version)

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Hello, I'm Dr. John Jernigan from the Centers for Disease Control and Prevention. Your doctor has chosen to admit you to this facility because you need high quality medical care. The healthcare providers here want to do everything they can to help you get well and to avoid complications.

You came to the hospital to get well, but you should know that each year in the United States patients get more than a million infections in the hospital while they're being treated for something else.

These infections can be serious and hard to treat, but there's one simple thing you and your family can do to help prevent these infections – wash your hands and make sure that everyone who touches you – including your doctor – cleanses their hands too.

Healthcare providers know to practice hand hygiene, but sometimes they forget. You and your loved ones can play a role in asking and reminding healthcare providers to wash their hands, especially while they're caring for you.

It's important to remember that healthcare providers aren't the only ones who need to practice hand hygiene – patients and visitors should also wash their hands very often, especially after touching surfaces in the patient's room, before eating, and after using the restroom.

I hope that you will become involved in your medical care by reminding everyone, especially your healthcare providers, to wash their hands.

Please remember:

- You can get an infection in the hospital while you're being treated for something else.
- You can help prevent infections by asking your doctors, nurses, and visitors to wash their hands.
- Doctors and nurses encourage you to remind them to wash their hands.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.