Fact Sheet 2
If Hands Could Talk

If hands could talk, they would tell you that

- They can offer hope, healing, and comfort
- Then can create, protect, and defend
- They can also be the route of transmission for a number of pathogens. Here are some examples:
  
  - 80% of hospital staff who dressed wounds infected with Methicillin-resistant *Staphylococcus aureus* (MRSA) carried the organism on their hands for up to three hours!
  - 60% of hospital staff, within 1/2 hour of contact with patients with *Clostridium difficile* infection, were contaminated without even having touched the patient, from merely returning drug charts to the ends of beds!
  - In an ICU study, 40% of all patient-nurse interactions resulted in the same species of *Klebsiella pneumoniae* transmission to healthcare workers' hands, lasting up to 150 minutes, even with contact as slight as touching a patient’s shoulder!
  - Meanwhile, washing with soap and water virtually eradicated these organisms!

- With your help, they can also make a difference by
  
  - building hand hygiene into simple routines, such as when you use aseptic techniques when starting IVs or inserting catheters
  - practicing spontaneous, automatic hand hygiene activities when entering and leaving the clinical setting
  - modelling optimal hand hygiene activities to peers and in the home to your family members

*Before you touch anything: before you touch your face, your pen, your coffee cup, a patient, a family member, a hand rail, or an object in the patient's environment…*

STOP! Clean Your Hands!