



Lake of the Woods  
District Hospital

# HAND HYGIENE



Question: Why are there bottles of hand cleanser throughout the hospital?

Answer: Washing your hands is the best thing you and your health care team can do to prevent infections from spreading to others. Do not hesitate to remind your health care worker(s) to wash their hands.



**DID YOU KNOW?**  
When hands are visibly soiled they are to be washed with soap and water. Otherwise, using an alcohol-based hand rub is the preferred method.