



**Everyone  
entering  
must clean  
their hands.**



## THIS MEANS:

- ✓ Visiting Specialists
- ✓ Patients and clients
- ✓ Visitors and family
- ✓ All staff

For further information on hand hygiene here at Colac Area Health contact the Infection Control Department

Telephone: 5232 5100

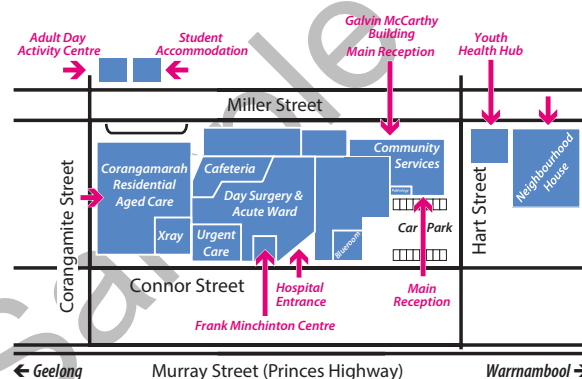
## Making a real difference

### Our Vision

To be a trusted leader in integrated health care through operational excellence, innovation and compassion.

### Our Mission

To be a trusted provider of optimal health outcomes by delivering or facilitating integrated person centred care, achieving excellence through partnerships, research and innovation.



Work with us

Volunteer

Make a donation

2-28 Connor Street, Colac, Victoria 3250

03 5232 5100 | [info@cah.vic.gov.au](mailto:info@cah.vic.gov.au)

[www.cah.vic.gov.au](http://www.cah.vic.gov.au)

# I deserve YOUR clean hands



**Thank you for  
cleaning your hands.**





## Why do hand hygiene?

Hand Hygiene is the single most important factor in reducing the spread of infections.

Our hands may look clean but many germs are invisible to our eyes. We can unknowingly transmit germs on our hands to others and our environment.

Your healthcare worker should always perform hand hygiene in front of you.

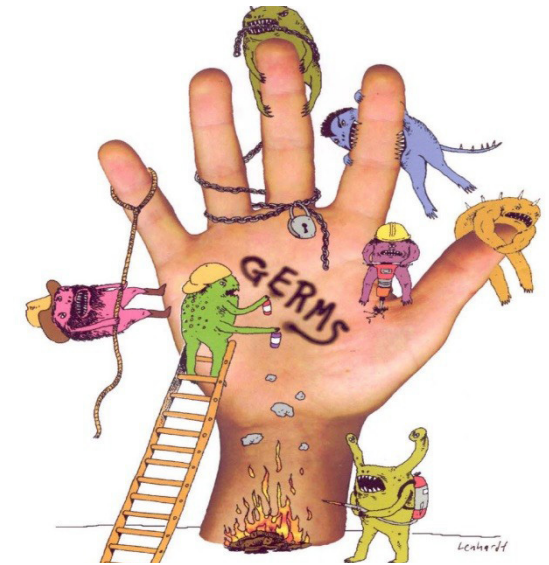
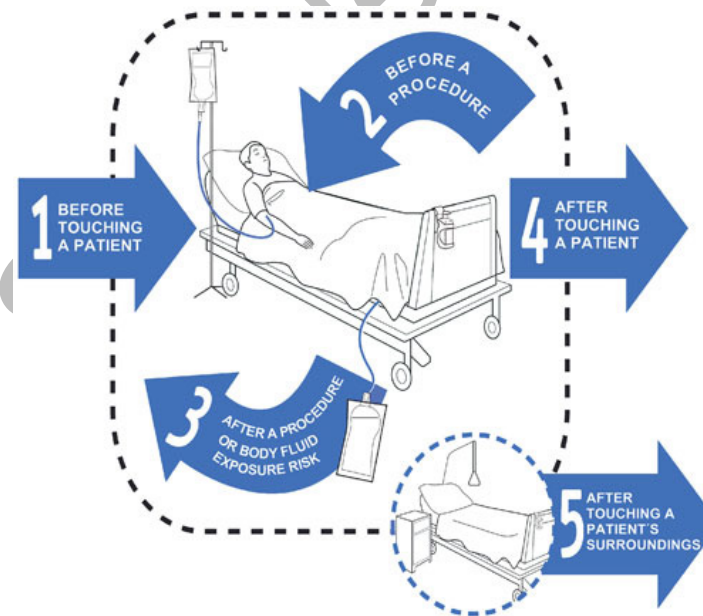
Effective healthcare worker hand hygiene is a core strategy in the prevention of healthcare associated infections and the transmission of antimicrobial resistance.

If you do not see them perform Hand Hygiene, our staff will be very happy to be reminded to clean their hands before and after they attend to any aspect of your care.

At Colac Area Health we are very committed to your health and wellbeing.

We can all play a major role in stopping the spread of infections to other patients, your family and friends.

### *The five moments of hand hygiene*



Unfortunately, some bacteria are more difficult to treat because they have developed resistance to standard antibiotics. These bacteria are sometimes referred to as “superbugs”.

The appropriate use of antibiotics and good hand hygiene are important in minimizing the spread of these “superbugs”.