



Hand hygiene is one of the most important ways to prevent the spread of germs. It is a simple, effective way to protect yourself and others from infection.

Hand hygiene is the practice of washing hands with soap and water, or using hand sanitizer. It is a key part of infection control and is recommended by the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC). Hand hygiene is important for everyone, but it is especially important for healthcare workers, who are at high risk of spreading infections to patients.

Hand Hygiene and Preventing Infection (<https://sandbox18.mskcc.org/cancer-care/patient-education/hand-hygiene-preventing-infection>)

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- **Hand hygiene** is the most effective way to prevent the spread of germs. Wash your hands often with soap and water, for at least 20 seconds. If soap and water are not available, use hand sanitizer (such as Purell®) that contains at least 60% alcohol.
 - **Wash your hands** often with soap and water, for at least 20 seconds. Sing the "Happy Birthday" song twice as a guide for how long to wash.
 - **Use hand sanitizer** if soap and water are not available. Use a product that contains at least 60% alcohol. Rub the sanitizer over all surfaces of your hands until they are completely dry.
- **Wear a face mask** when you are around other people and when you are coughing or sneezing.
 - **Wear a face mask** when you are around other people and when you are coughing or sneezing. Make sure the mask covers your nose and mouth. Do not touch the mask. Throw it away after you use it.
 - **Wash your hands** after you use a face mask.
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- **Allogeneic stem cell transplant** is a procedure that replaces diseased bone marrow with healthy stem cells from a donor. It is used to treat various types of cancer, including leukemia, lymphoma, and multiple myeloma. The process involves harvesting stem cells from a donor, destroying the patient's diseased bone marrow, and then transplanting the donor's stem cells into the patient. This process can be complex and carries risks, but it can be a life-saving treatment for certain cancers.

 (https://sandbox18.mskcc.org/cancer-care/patient-education/allogeneic-stem-cell-transplantation)-

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- (<https://sandbox18.mskcc.org/cancer-care/patient-education/food-safety-during-cancer-treatment>)-**Food Safety During Cancer Treatment**
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- **Call 212-639-2000** |
- **MSK Cancer Care Support Center** (**1-800-458-2211**) **Monday through Friday, 9 a.m. to 5 p.m.** |
- **MSK Cancer Care Support Center** **Monday through Friday, 9 a.m. to 5 p.m.** **Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.** |

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

MSK Cancer Care Support Center www.mskcc.org/pediatric **Monday through Friday, 9 a.m. to 5 p.m.** |

Neutropenia (Low White Blood Cell Count) - Last updated on December 11, 2023

Memorial Sloan Kettering Cancer Center **1-800-458-2211**
212-639-2000 |