

Preventing Infections – How You Can Help

We all have a role in helping to maintain a safe health care environment.

If you have had a previous diagnosis of *C. difficile*, MRSA or VRE, please inform a member of your health care team.

VISITORS

- If you are sick, do not visit.
- Clean your hands frequently with soap and warm water, or an alcohol based hand rub.
- Strictly follow any infection control protocols outlined on the door of a patient's room.
- Cover your mouth and nose – coughs and sneezes spread infection to others.
- If you have questions about protocols, how infections are transmitted, or what we are doing to protect your loved one – ask! We are happy to speak to you about any of these subjects.

PATIENTS

Clean your hands frequently

- Clean your hands with soap and warm water or the alcohol based hand rub. Remind your visitors to clean their hands!
- Clean your hands before eating or touching food, after you use the bathroom, when your hands are obviously dirty

Make sure your care providers clean their hands

- Your care providers come into contact with a lot of bacteria and viruses. If you are not sure that they have cleaned their hands before treating you, provide a gentle reminder.

Cover your mouth and nose

- Cover your mouth and nose to prevent the spread of infection to others.
- Use a tissue to cover your mouth and nose, throw away used tissues and then clean your hands.
- If you do not have a tissue, cover your mouth and nose with the bend of your elbow and then clean your hands.

Cover and protect all wounds

- Make sure your wounds or surgical sites are clean and protected.
- Don't touch wounds, surgical sites or the coverings as it can promote the growth of bacteria

If you are sick, avoid close contact

- If you are sick with a communicable disease such stay away from others. Do not go to common areas of the hospital such as the cafeteria or patient lounges.
- If your visitors are sick, please ask them not to visit.

Use antibiotics wisely

- Take prescribed drugs exactly as instructed. Do not stop taking them without first checking with your physicians.
- Don't insist that your physician give you antibiotics if you don't need them.

Keep your immunizations up to date – Get your Flu Shot!