



INFECTION CONTROL AND PREVENTION

To help prevent the spread of a widespread pandemic or isolated infection, follow the guidelines below. Stay clean and use good hygiene. Items used in health care, such as bandages or gloves, can spread infection, harm family members and others who touch them, and harm the environment if they are not disposed of properly. Some illnesses and treatments (such as chemotherapy, dialysis, AIDS, diabetes, and burns) can make people more at risk for infection. Your nurse will tell you how to use protective clothing (such as gowns or gloves) if you need it. Please tell your doctor or a home care staff member if you notice any of the following signs and symptoms of infections: pain, tenderness, redness or swelling; inflamed skin, rash, sores or ulcers; fever or chills; pain when urinating; sore throat or cough; confusion; increased tiredness or weakness; nausea, vomiting or diarrhea; and/or green or yellow pus.

PRACTICE GOOD HEALTH HABITS

- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you do not have a tissue, cover your mouth with your upper sleeve, not your hands.
- **Avoid close contact** with people who are sick. If you are sick, keep your distance from others.
- **Avoid touching your eyes, nose, or mouth.** Germs may spread if you touch something that is contaminated and then touch your eyes, nose, or mouth.
- **Get plenty of sleep**, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

WASH YOUR HANDS

- **Wash your hands frequently and correctly. It is the single most important step in controlling the spread of infection.**
- **Always wash hands before** tending to a sick person; touching or eating food; and treating a cut or wound.
- **Always wash hands after:**
 - Tending to a sick person
 - Touching soiled linens
 - Treating a cut or wound
 - Touching garbage
 - Using the bathroom
 - Changing diapers
 - Touching animals or their waste
 - Coughing, sneezing, or blowing your nose
- **If you have visibly dirty hands**, or they are contaminated or soiled in any way, wash them with soap (liquid soap is best) and warm running water. Remove jewelry, apply soap, wet your hands, and rub them together for at least 20 seconds. Wash all surfaces, including wrists, palms, back of hands, between fingers and under nails. Rinse off the soap and dry your hands with a clean towel that has not been shared. If one is not available, air-dry your hands. Use a towel to turn off the faucet. If you use a paper towel, throw it in the trash.
- **If you do not have visibly dirty hands**, use an alcohol-based hand rub to clean them. Use a rub with 65-90% ethyl or isopropyl alcohol. Open the cap or spout and apply a dime-size amount (or the amount recommended on the label) in one palm, then rub hands vigorously, covering all surfaces of hands and fingers, until they are dry.