

Infection Prevention *and You*

You are an important part of infection prevention!



Wash your hands with soap and water or use hand sanitizer often.

Ask healthcare workers and your visitors to do the same.



Speak up for your care!

If you are having surgery, ask if you should shower with a germ-killing soap ahead of time.

Clean your hands and make sure everyone around you does too.

Sneeze and cough into your elbow, not your hand.

If your room looks dirty, ask to have it cleaned.

Every day, ask if you still need your catheter.

Ask about safe injection practices. Remember *One Needle, One Syringe, only One Time*.

Take medications as directed.



Who are infection preventionists?

Infection preventionists use their detective skills to find the bad germs and make sure everyone is doing the right things to keep you safe.



Catheters or other devices will be placed in your body after your skin receives proper cleaning.

Healthcare workers will clean their hands before and after they care for you.



Your healthcare workers will wear gloves, gowns, and masks at the right times. If you are in isolation, you and your visitors may need to do this too.

Your room and any equipment that is used on you will be clean.



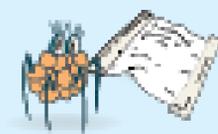
What are healthcare-associated infections?



Healthcare-associated infections are a result of germs entering your body during medical care.



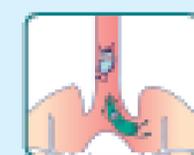
Catheter-associated urinary tract infections
When germs travel along a urinary catheter and cause an infection in your bladder or kidney.



Surgical site infections
An infection that happens after surgery in the part of the body where the surgery took place.



Bloodstream infections
When germs enter the blood by way of a catheter or tube that is placed in your vein.



Pneumonia
Infection of the lungs.