

SpeakUpTM

TO PREVENT INFECTIONS

Here are 5 easy things *YOU* can do to fight the spread of infection.

1. Clean your hands:

- Before and after touching or eating food
- After you use the bathroom, cough or sneeze, take out the trash, change a diaper, visit someone who is sick or play with a pet
- By washing with soap and warm water for at least 15 seconds or using a hand sanitizer

2. Ask your healthcare team to clean their hands and wear gloves when they:

- Examine you
- Take your blood
- Touch your wound or bandages
- Treat you

3. Cover your mouth and nose when you cough or sneeze.

- Use a tissue.
- Cover your mouth and nose with the bend of your elbow when you don't have a tissue.

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4. Don't get too close to others when you are sick.

- Try to stay home or away from other people.
- Don't shake hands or touch others.

5. Get your shots or vaccines.

Ask your doctor which shots or vaccines you need. These may include shots for:

- flu
- pneumonia
- hepatitis
- shingles
- tetanus

Adopted from The Joint Commission Speak Up program