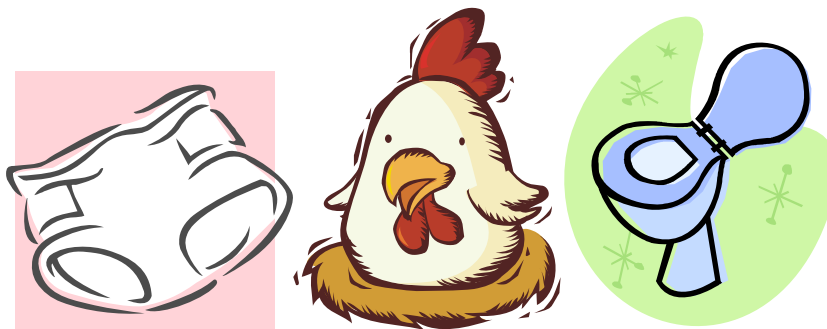


INFECTION CONTROL FOR YOU

Do You Know?? Sneeze into a tissue or your elbow and cover your mouth when coughing. Avoid close contact with people who are ill.

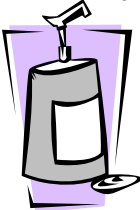


Hand hygiene (cleansing) should be done any time you come in contact with an open wound or blood; before preparing food; after contact with uncooked meat and poultry; before eating; after changing diapers; after coughing, sneezing, blowing your nose or using the bathroom or prior to starting IV therapy. Hands should also be washed after removing gloves following any procedures.



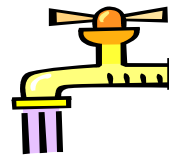
Washing Your Hands

- Removal of jewelry is recommended for the best result
- Wet your hands with warm running water
- Apply liquid soap, rub hands together to make lather and scrub all surfaces



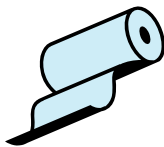
- Continue rubbing for 15-20 seconds (the time it takes to sing Happy Birthday twice! :)

- Rinse hands well under running water



- Dry hands with paper towel; then use towel to turn off the faucet

- Always wash with soap and water if your hands are visibly dirty



Alcohol based hand sanitizer for between washes or if no soap & water are available!

- Wet hands thoroughly using a palm full of hand sanitizer - must have at least 60% alcohol content.
- Rub all surfaces of hands and fingers together until dry- at least 15 seconds



If your nurse has not performed *hand hygiene*, Speak Up!!