

# Preventing Infections

You Are Part of the Healthcare Team



## What You Can Do

Infections can occur after many types of procedures. There are several things you can do to help protect yourself.

Wash your hands often and well after using the bathroom, touching something that is soiled, or assisting in any patient care activity.

- Use the waterless hand sanitizer located on the wall outside your room.
- Wash with soap and water for at least 15 seconds.

Please do not hesitate to remind doctors, nurses, and other staff to wash their hands.

- If you have a  **dressing on a wound**, tell your nurse if it is loose or wet.
- If you have an IV (**intravenous catheter**), keep the dressing clean and dry. Tell your nurse if it is loose, wet, red, or painful.
- If you have a **urinary catheter** or **drainage tube**, tell your nurse if it is loose or comes out.
- To prevent pneumonia, carefully follow instructions about breathing treatments.
- Smoking can lead to infections. If you smoke and need help to stop, please let your nurse know. This is a non-smoking hospital.
- If you have diabetes, be sure to ask your doctor about the best ways to control your blood sugar. High blood sugar can increase risk of infection.
  
- Ask for help or advice, if you have any concern.
- Tell the nurse if you are in pain.
- Ask questions. You should understand your treatment plan.
- Ask your friends not to visit if they feel ill.

**Following these instructions will help you recover and protect everyone.**

Adapted from the National Patient Safety Foundation