



The Johns Hopkins Hospital Patient Information

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**Prevention of Infections -  
You are Part of the Healthcare Team**

Date Revised/  
Reviewed:

**Clean your hands and remind others to clean their hands**

Either use hand gel or wash your hands after using the bathroom, before eating, or after touching something that is soiled. If hands are obviously dirty, wash your hands well with soap and water for 15 seconds.

Health care providers are required to wash or sanitize their hands before and after seeing a patient. Your visitors should wash or sanitize their hands as well. Health care providers should wear clean gloves when they perform tasks such as drawing blood, touching wounds or body fluids. Staff will welcome your reminder to clean their hands or wear gloves.

**Preventing spread of respiratory infections**

Cover your mouth and nose when sneezing or coughing by using tissues or the bend of your elbow. Both tissues and masks are available at the entrance to the hospital or upon request. Please use these if you have a runny nose, sneeze or cough. Please remember to wash your hands, especially after you sneeze, cough or use a tissue.

**Visitors/  
Companions**

If your visitors or companions are sick you should ask them to stay home.

**Vaccinations**

You may be asked about your desire to have a flu or pneumococcal vaccination. These are very effective at reducing the spread of disease.

**Additional preventive measures**

There are some infections that require special measures to prevent the spread of infections- like Methicillin Resistant Staphylococcus Aureus (MRSA), Vancomycin Resistant Enterococci (VRE) or Clostridium difficile (C-diff). These infections can be spread by contact with clothing, hands, personal items, or health care equipment. If you have one of these conditions you will be placed on “isolation” to prevent the spread of infection to others. A sign will be posted on the room door and both staff and visitors will be required to wear protective gowns and gloves, and in some cases a mask. Hand hygiene is very important in preventing the spread of these conditions.

**Other resources**

If you have any questions, ask your health care provider. You can also find additional information at:

[http://www.jointcommission.org/PatientSafety/SpeakUp/speak\\_up\\_ic.htm](http://www.jointcommission.org/PatientSafety/SpeakUp/speak_up_ic.htm)  
<http://www.cdc.gov>