

Top Ten Tips to Reduce the Risk for Contracting a Healthcare-Associated Infection

- 1 - Demand that anyone touching you washes their hands with soap and water, or uses an alcohol based product such as a wipe.
- 2 - Keep environmental surfaces around your bed clean and ask the Housekeeping Staff to regularly disinfect high touch surfaces such as the bedrails, phone, call button, and overbed table.
- 3 - Request that chlorhexidine gluconate is used prior to any injection or surgical procedure.
- 4 - Ask to meet the facility's Infection Preventionist.
- 5 - Ask your surgeon for their infection rate for the type of procedure you will be undergoing.
- 6 - Three days prior to surgery, wash with a chlorhexidine gluconate product daily until the day of your surgery.
- 7- Make sure all medication vials, syringes, and needles are opened in front of you to ensure sterility.
- 8 - Cover your mouth and nose to prevent the spread of germs.
- 9 - Receive your annual influenza (flu) shot.
- 10 - Ask your healthcare provider about all medications you are receiving, including antibiotics, and complete all courses of prescribed medication to reduce the risk for developing antibiotic resistant infections.