





## We Care Infection Prevention Continues at Home

We Care about preventing infection and avoiding the spread of germs – not only while you’re in the hospital but when you go home, too. Your recovery and continued good health are important to us.



When you return home from the hospital, it’s important to take the following steps to help prevent infection and avoid spreading germs that could infect you or others.

**Ask everyone in your home to follow these guidelines, too.**



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## Cover Your Sneeze or Cough

Germs are expelled into the air whenever you sneeze or cough. To prevent the spread of infection:

- Turn away from other people before coughing or sneezing.
- Cover your mouth or nose with a tissue when you cough or sneeze. Discard the tissue in the trash.
- If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Always clean your hands after coughing or sneezing.

## Care For Wounds

Your skin is your body’s first line of defense against germs, but an open wound leaves an easy way for germs to enter your body. To prevent infection:

- Clean your hands before and after changing wound dressings (Wear gloves to change dressings if recommended by your doctor)
- Take special care with IV lines or other medical devices inserted into the body. If you must touch them, clean your hands first.
- And follow any specific instructions from your doctor for care of your wounds.

## Disinfect Germ “Hot-Spots”

Take these steps to ensure your home is a healthy place for your recovery:

- Disinfect commonly touched hard surfaces in your home like countertops, door handles, sinks, tabletops, phones, TV remotes and baby changing tables.
- Products such as sprays and wipes that are labeled “disinfectant” are designed to kill a broad spectrum of harmful bacteria and viruses that other cleaners cannot. Follow the directions on your disinfectant’s label to maximize the benefits.
- Use a clean, dry cloth or paper towel to clean and dry all surfaces. Wiping surfaces with a dirty dishcloth, sponge, or towel will only spread germs.
- Never share toothbrushes, combs, drinking glasses, utensils, razor blades, face cloths and bath towels. Germs can be passed from person to person on these personal items.

**These tips are designed to help you on your road to recovery. Share this information with your family and friends. Help spread the word that everyone plays an important role in infection prevention.**