Infection Prevention and You

You are an important part of infection prevention!

- Speak up for your care!
- If you are having surgery, ask if you should shower with a germ-killing soap ahead of time.
- Clean your hands and make sure everyone around you does too.
- Take medications as directed.
- Sneeze and cough into your elbow, not your hand.
- Ask about safe injection practices. Remember: *One Needle, One Syringe, only One Time.*
- Every day, ask if you still need your catheter.
- If your room looks dirty, ask to have it cleaned.