INFECTION CONTROL FOR THE HOME

How to Stop the Spread of Germs
Take care to:
➢ Cover your mouth and nose
➢ Clean your hands often

Cover your mouth and nose when coughing or sneezing
Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Bacteria on hand after touching old dishcloth

Alcohol-Based Hand Wipes and Gel Sanitizers
To keep you healthy, follow these guidelines:
➢ The single most important practice in preventing infection is frequent hand washing.
➢ Using a liquid antibacterial soap, lots of friction for about 20 seconds, rinsing thoroughly and drying hands with paper towels is recommended.
➢ Wash hands
o before and after patient contact
o removal of gloves
➢ Use a 'hand sanitizer' (alcohol gel frequently)
➢ Wash hands or use a hand sanitizer especially after touching body fluids (that is, respiratory secretions, stool, urine, and vomitus) and potentially contaminated surfaces and materials.

Bacteria on hand after using the toilet

Notice how people often miss thumbs when washing

Visitors in Your Home
You may consider asking friends and relatives who have colds, flu or infectious disease to postpone their visit until they are feeling better.