



**“Make sure you wash your hands.
Ask if I’ve washed mine, too.”**

To fight infection:

- **Wash hands frequently with soap and water**—especially before preparing a meal or eating, after using the restroom, taking out the trash, or changing a diaper. You can also clean your hands with an alcohol-based hand sanitizer—rubbing your hands thoroughly with it until they’re dry.
- **Cover cuts and scrapes with a bandage** to prevent infection. (The wound doesn’t have to “breathe”). Change the bandage periodically (every other day, if possible).
- **If you cough or sneeze**, cover your mouth and nose using tissue, or even use the bend in your elbow, to prevent spreading your germs to others. Wash your hands afterward.
- **If you have an infection and are being treated with an antibiotic**, take the full prescription; stopping before finishing a prescription may allow the infection to return stronger—and more resistant to treatment.

For more tips, visit
www.partnershipforhealthcare.org

“When it comes to fighting infection, one of the world’s first preventive treatments is still one of its best. To combat contagious diseases like the common cold, strep throat, or the flu, there’s just nothing like soap and water to stop the spread of infection.

I come in contact with so many bacteria and viruses that when you come visit me, we both need to be extra careful. Make sure my staff washes their hands, even if they’re about to put on gloves. Don’t be afraid to ask them to.

And if you’re sick, always cover your mouth and nose when you sneeze or cough. If you don’t have tissues, you can use the bend in your elbow. Throw away used tissues. Wash up after blowing your nose. Don’t share towels.

All good advice. And if you and your family can follow it, we won’t be seeing too much of each other!”

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