



Soap and water. Paula Campos knows it's the one-two punch against infection.

Paula Campos knows it's the one treatment that's highly effective in avoiding infections. It's a treatment available wherever there's a sink. She always takes extra care to wash her hands thoroughly—

To fight infection:

- **Wash hands frequently with soap and water**—especially before preparing or eating a meal, 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.

not only at mealtimes, but when visiting her doctor's office or a friend or family member in the hospital. She's not shy—she asks the doctor or nurse if they've washed their hands, too.

And at times when soap and water aren't convenient or available, she uses an alcohol-based hand sanitizer.

Paula knows that "keeping it clean" is her best chance for keeping well.

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