Speak Up:
Help Prevent the Spread of Common Illnesses

Common illnesses such as strep throat, colds, and the flu are highly contagious. Help prevent their spread.

HOW TO PREVENT ILLNESS

Clean Your Hands
- If your hands are dirty, wash them with soap and warm water. Rub your hands for at least 15 seconds. Clean between your fingers, under your fingernails, and on the backs of your hands.
- If your hands do not look dirty, use disinfecting hand sanitizer. It’s available in all hospital units.

Get Shots to Avoid Disease and Fight the Spread of Infection
Make sure all adults and children in your family are up-to-date on immunizations (shots). Your doctor can tell you if you are current and which ones you may need. Shots available to prevent the following diseases:
- Chicken Pox
- Measles
- Tetanus
- Mumps
- Shingles
- Flu
- Whooping cough
- German Measles
- Pneumonia
- Human Papillomavirus (HPV)
- Diphtheria
- Hepatitis
- Meningitis

WHAT TO DO IF YOU ARE SICK

Cover Your Mouth and Nose
- When you sneeze or cough, germs can travel more than three feet.
- Use a tissue. Keep some at home, at work, and in your pocket. Clean your hands after coughing or sneezing.
- If you don’t have a tissue, cough or sneeze into the bend of your elbow.
- If you are contagious, you may be asked to wear a mask during your hospital stay.

Avoid Contact With Others
- Some infections spread through contact. If you are sick, avoid contact with other people, or stay home.
- When you go in for medical treatment, call ahead and ask what you can do to prevent infecting others in the waiting room.

What Your Health Care Team Is Doing
- Your health care team helps prevent infection by wearing the proper protection during procedures and treatments (gloves, gowns, eye wear, etc.), and cleaning their hands.
- Doctors, nurses, and staff wash their hands upon entering your room.