HELP PREVENT THE SPREAD OF COMMON ILLNESSES

Common illnesses such as strep throat, colds, and the flu spread easily. You can help us prevent the spread of germs while you are in the hospital.

+ CLEAN YOUR HANDS

- If your hands look dirty, wash them with soap and warm water. Rub your hands for at least a minute (the time it takes to slowly sing Happy Birthday or the Alphabet song twice). Clean between your fingers, under your fingernails, and the backs of your hands. Report any changes in your health status to your caregivers.
- If your hands do not look dirty, you can wash them or use hand sanitizer. It’s available in all hospital units.

+ GET YOUR SHOTS

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 are available to prevent the following diseases:

- Chicken Pox
- Diphtheria
- Flu
- German Measles
- Hepatitis
- Human Papillomavirus (HPV)
- Measles
- Meningitis
- Mumps
- Pneumonia
- Polio
- Shingles
- Tetanus
- Whooping cough

+ COVER YOUR MOUTH AND NOSE

- When you sneeze or cough, germs can travel several feet. This can make other people sick.
- Use a tissue. Keep some at home, at work, and in your pocket. Clean your hands after coughing or sneezing.

+ AVOID CONTACT WITH OTHERS

- If you don’t have a tissue, cough or sneeze into the bend of your elbow.
- If you are sneezing or coughing a lot, you may need to wear a mask during your hospital stay.

WHAT DOES YOUR HEALTH CARE TEAM DO TO HELP?

- Your health care team helps prevent infection by wearing proper protection during procedures, treatments and visits. This includes gloves, gowns and eye wear.
- Doctors, nurses, and staff wash their hands entering and leaving your room.