

Patients and families
SPEAK
about your care!

UP



Here are some easy things that you can do to protect yourself and fight the spread of infection.

1. Clean your hands....

Use a 15 second scrub with water and soap or clean them with an alcohol based sanitizer.

2. Expect health care providers to clean their hand or wear gloves.....

Don't be afraid to ask providers if they have cleaned their hands or if they should wear gloves.

3. Cover your mouth and nose.....

When coughing or sneezing, over your mouth or nose with a tissue, the bend of your elbow or hands. Be sure and clean your hands right away.

4. If you are sick, avoid close contact with others....

Don't shake hands or touch others. Stay away from other people.

5. Get shots to avoid disease....

Make sure that your vaccinations are current....even for adults.

6. If visitors or family members are sick, ask them not to visit....

Try to maintain contact through phone calls or e-mail. If someone does visit, please ask them to follow the same things listed above.

*Adapted from The Joint Commission Speak Up program.