



Clean hands BEFORE eating or drinking and AFTER using the bathroom to help prevent the spread of infections. Rub wipe all over hand surfaces to kill germs.



Do Not Flush











You are an important part of infection prevention!



Wash your hands with soap and water or use hand sanitizer often.

> Ask healthcare workers and your visitors to do the same.





If you are having surgery, ask if you should shower with a germ-killing soap ahead of time.



Take medications as directed.



Ask about safe injection practices. Remember: One Needle, One Syringe, only One Time.



Speak up for your care!



Clean your hands and make sure everyone around you does too.



Sneeze and cough into your elbow, not your hand.



If your room looks dirty, ask to have it cleaned.







C-103-A

