You are an important part of infection prevention!

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

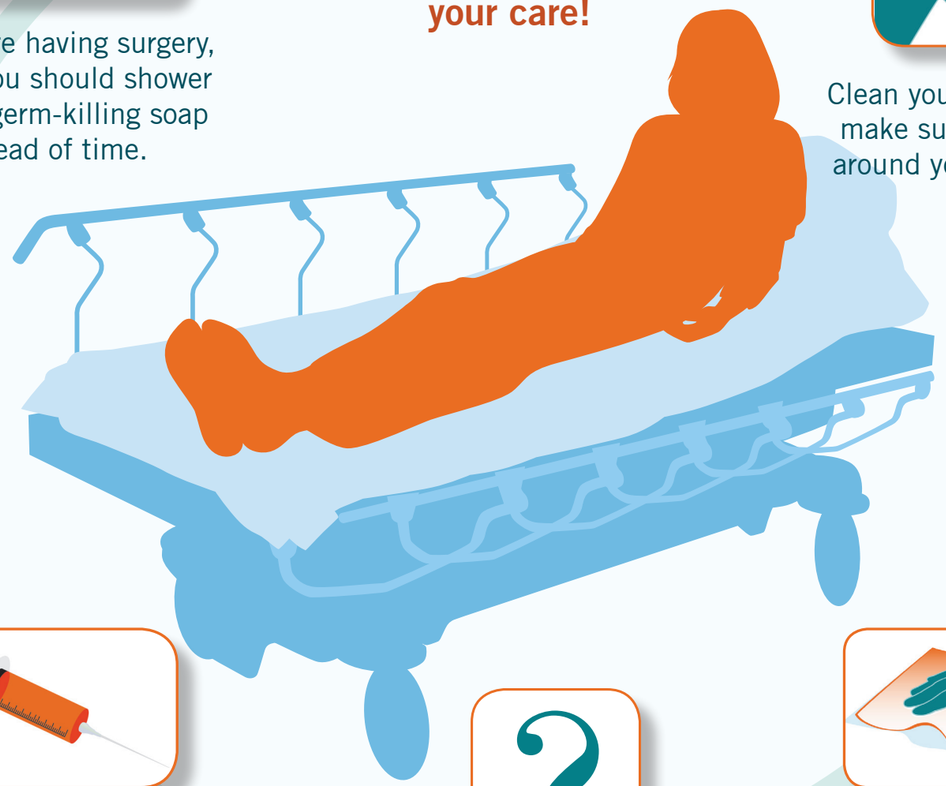
Ask healthcare workers and your visitors to do the same.

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

Speak up for your care!

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

Take medications as directed.



Sneeze and cough into your elbow, not your hand.

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

Every day, ask if you still need your catheter.

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

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