

## **PREVENTION OF INFECTION**

As the caregiver, it is important that you stay as healthy as you possibly can. Sometimes it is not possible to avoid colds or the flu. There are some important things you can do to help protect yourself:

- Wear gloves while providing care to your loved one, while handling waste or equipment
- Diseases can be passed through nose, mouth or a cut in the skin
- Wash and dry hands thoroughly before and after wearing gloves
- Sneeze or cough into your elbow and not into your hands in order to prevent spreading germs.
- Wash your hands if you touch blood or other fluids from the body or after you pick up Kleenex tissues, paper cups, etc.
- Handwashing in the correct way is the single most effective measure to prevent infection.
- Follow the steps below for the best handwashing results:
  1. Remove all jewelry
  2. Wet hands under warm, running water
  3. Keep hands lower than your elbows
  4. Apply soap, wash & rub vigorously for 10-15 seconds. Use friction to scrub all surfaces of your hands. Pay particular attention to your fingernails and between your fingers.
  5. Rinse well under steady stream of warm water
  6. Dry hands thoroughly using a paper towel.
  7. Turn off faucet with paper towel used to dry hands.
- Hand sanitizer is effective for quick uses in between care giving activities, but it should never replace handwashing.

If you have any questions, please call us at 262-652-4400