HEALTHCARE - ASSOCIATED INFECTIONS

WHAT PATIENTS CAN DO

BE INFORMED. BE EMPOWERED. BE PREPARED.

6 WAYS TO BE A SAFE PATIENT

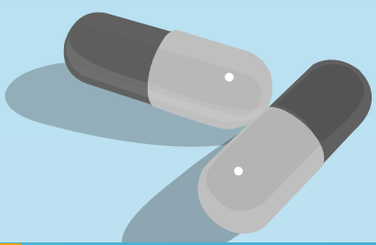
1 SPEAK UP.

Talk to your doctor about all questions or worries you have. Ask them what they are doing to protect you.

- If you have a catheter, ask each day if it is necessary.
- Ask your doctor how he/she prevents surgical site infections. Also ask how you can prepare for surgery to reduce your infection risk.

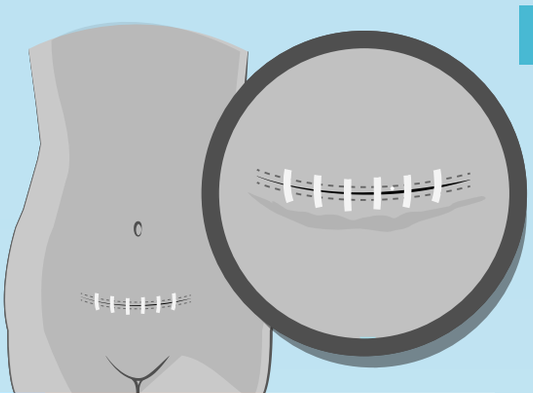
2 KEEP HANDS CLEAN.

Be sure everyone cleans their hands before touching you.



3 GET SMART ABOUT ANTIBIOTICS.

Ask if tests will be done to make sure the right antibiotic is prescribed.



4 KNOW THE SIGNS AND SYMPTOMS OF INFECTION.

Some skin infections, such as MRSA, appear as redness, pain, or drainage at an IV catheter site or surgery site. Often these symptoms come with a fever. Tell your doctor if you have these symptoms.

5 WATCH OUT FOR DEADLY DIARRHEA. (AKA *C. difficile*)

Tell your doctor if you have 3 or more diarrhea episodes in 24 hours, especially if you have been taking an antibiotic.

6 PROTECT YOURSELF.

Get vaccinated against flu and other infections to avoid complications.

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