



Infection Prevention in the Hospital



Overview

A hospital is a great place to get well. But it's also a place where you can get sick. That's because a lot of germs can live in a hospital. Let's learn how you can stay safe.

Hand washing

First, wash your hands often. Wash them every time you touch something that could have germs on it. Wash them after every visit to the bathroom. Use soap and water. And use a hospital-approved hand sanitizer if you are told to. Others need to wash their hands, too. When a nurse or doctor comes in, ask them if they've washed their hands. Don't let them touch you until their hands are clean. Make sure every visitor washes their hands before and after the visit. Tell them this is important for everyone's health.



Keep things clean

Keep your skin clean and dry, especially the skin around wounds, incisions and catheters. Make sure your bandages are changed regularly. Speak up if a bandage comes loose or gets wet. If you have a catheter or a drainage tube, check it often. If you see a clog, tell someone. If a line falls out, speak up so it can be replaced safely.

Other steps

Finally, if you have been prescribed antibiotics, take them as directed. And avoid anyone who may be sick. Don't let someone visit you if they aren't feeling well. Your health is more important than any visit. By following these tips, your hospital stay can be a healthy one.

