

Tips FOR PREVENTING INFECTIONS



10 TIPS FOR PREVENTING FURTHER INFECTION IN HOSPITALS

WASH HANDS REGULARLY

001.



✗ Wash your hands all the time. Wash them well and wash them especially after using the toilet. Also, don't be afraid to remind your doctors and nurses to wash their hands regularly.

STOP YOUR BAD HABITS

002.



✗ Stop smoking and control your weight. Both smoking and being overweight contribute to an increased risk of catching an infection especially after surgery.

MONITOR YOURSELF

003.



✗ Monitor any catheters or drainage tubes and immediately notify your doctor or nurse if loose or displaced.

KEEP WOUNDS CLEAN

004.



✗ Inform your nurse if your dressings are not clean or dry to ensure all wounds are clean.

DISCUSS BLOOD SUGAR

005.



✗ If you are diabetic, be sure to discuss ways to control your blood sugar levels during your stay at the hospital as unregulated blood sugar levels can increase the risk of catching infections.

FOLLOW ALL INSTRUCTIONS

006.



✗ If you were given specific breathing instructions, follow these with care. These are administered to prevent chest infections, a common area for infection to occur postoperative.

ALWAYS ASK FOR ADVICE

007.



✗ If you wish to get out of bed or feel restless, ask your doctor or nurse for advice and/or pain medications.

HEALTHY VISITORS ONLY

008.



✗ Ask your friends and family to visit only if they are healthy and do not feel at all ill.

TAKE ALL MEDICATIONS

009.



✗ Take all medications as directed. Be sure to take the full course in accordance with the instructions to cure infections you may have and prevent infections that are more difficult to cure.

ASK ALL QUESTIONS

010.



✗ Always ask your nurse or doctor any questions you may have. Do not be afraid, as they want you to fully understand your treatment and postoperative protocols.