

WHEN YOU GO HOME...

- 1) Make sure you understand how to care for your wound or catheter. (For example: bathing or changing bandages).
- 2) Know who to call if you have questions after you go home.
- 3) Wash your hands with soap and water before and after touching your catheter or wound.
- 4) **Call your doctor immediately if you notice signs or symptoms of infection.**

* Such as: **fever, soreness, redness, or drainage** at the catheter or surgery site.

FAMILY AND FRIENDS...

- 1) Wash your hands before and after visiting someone who is recovering from an illness or surgery.
- 2) Do not touch the wound, bandages, or catheter tubing unless you were shown how to provide care.
* Wash hands, put on gloves, provide care, discard gloves, and wash hands again.
- 3) Advocate for the patient if they cannot speak up for themselves.

REMEMBER, IT'S OK TO SPEAK UP and ASK QUESTIONS

FOR ADDITIONAL INFORMATION:

NH Healthcare-Associated Infections (HAI) Program
<http://www.dhhs.nh.gov/dphs/cdcs/hai/index.htm>

HAI State Report
<http://www.dhhs.nh.gov/dphs/cdcs/hai/publications.htm>

Foundation for Healthy Communities:
<http://www.healthynh.com>

Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/hai/>
<http://www.cdc.gov/Features/PatientSafety/>



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STEPS YOU CAN TAKE TO PREVENT HEALTHCARE-ASSOCIATED INFECTIONS



Be informed.

Be empowered.

Be prepared.

New Hampshire
Healthcare-Associated Infections
(HAI) Program

WHAT ARE HEALTHCARE-ASSOCIATED INFECTIONS (HAIs)?

- HAIs are caused by bacteria, fungi, and viruses and can occur during the course of medical care.
- Approximately 1 out of 20 patients in the hospital will contract a HAI.
- 1.7 million people are affected by HAIs each year.
- This brochure describes ways to prevent three types of HAIs:
 - **Surgical Site Infections**
 - **Catheter-Associated Urinary Tract Infections**
 - **Central-Line Bloodstream Infections**

THINGS TO REMEMBER...

- 1) Clean your hands.
- 2) Make sure all your healthcare providers clean their hands. If not, ask them to do so.
- 3) Cover your mouth and nose with your elbow if you sneeze or cough.
- 4) If you are sick, avoid close contact with others.
- 5) Get vaccines to avoid disease and fight the spread of infection.
- 6) If you are prescribed antibiotics, take them exactly as directed.

6 STEPS YOU CAN TAKE TO PREVENT SURGICAL SITE INFECTIONS:

- 1) Ask anyone who cares for you to clean their hands before and after surgery.
- 2) Tell your doctors about other medical problems that you have.
- 3) Quit or don't smoke.
- 4) Do not shave near where you will have surgery for at least 48 hours.
- 5) Speak up if someone tries to shave you with a razor before surgery. Ask them to use clippers instead or talk with your doctor.
- 6) Ask if you will get antibiotics before surgery.

ASK YOUR DOCTORS AND NURSES HOW THEY WILL PREVENT INFECTION.



5 STEPS YOU CAN TAKE TO PREVENT CATHETER-ASSOCIATED URINARY TRACT INFECTIONS:

- 1) Make sure that your healthcare providers clean their hands and use sterile gloves for catheter insertion.
- 2) Ask your doctors and nurses to explain why you need the catheter and how long you will have it.
- 3) Ask your doctors and nurses if you need the catheter each day.
- 4) Make sure the tubing or bag is not on the floor. If it drops on the floor, ask for new tubing or a bag.
- 5) Always keep your urine bag below the level of your bladder and do not tug the tubing.

3 STEPS YOU CAN TAKE TO PREVENT CENTRAL-LINE BLOODSTREAM INFECTIONS:

- 1) Ask anyone who cares for you to clean their hands.
- 2) Ask your doctors and nurses to explain why you need the central line and how long you will have it.
- 3) Tell your nurse if your bandage comes off or becomes wet or dirty.