



Infection prevention:

Stopping the spread of germs is very important and can be done using some basic rules.

Here are some things you can do prevent infection.



Wash Hands Frequently

Washing your hands is the most important way to stop the spread of germs/infection. Everyone should wash their hands often, especially:

- Before handling or eating food
- After using the toilet
- After caring for urinary catheters
- After handling dirty linens
- After touching pets, money or uncooked food
- After coughing, sneezing or blowing nose

Steps for washing your hands

1. Scrub your hands and wash between your fingers
2. Count for 15 – 20 seconds as you scrub your hands
3. Rinse well using warm water
4. Dry hands completely
5. If several people are using the sink, use paper towels instead of a cloth towel

NOTE: Avoid using bar soap for handwashing and use liquid soap if possible. If bar soap is used, place it in a soap dish that allows the water to drain off of the bar.

Questions or concerns?

Call a hospice nurse at 513-891-7700. For caregiving tips visit www.HospiceofCincinnati.org/for-the-caregiver.



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Wear Gloves

If anyone in the home has a latex allergy, please use latex-free gloves. Wear gloves when you may be in contact with blood, bowel movements, urine, or other bodily fluids. As soon as you are finished, throw the gloves away and wash your hands.



Be Careful Handling Needles, Syringes and Other Sharp Objects

Dispose in a sharps disposal container or if one is not available, dispose of these items in a hard plastic jug or metal coffee can labeled "SHARPS" in large letters on all sides of the can. Use heavy duty tape to hold the lid in place before putting the container in the trash. Keep out of reach of children.



Use Disposable Gowns

In certain situations, a disposable gown for the caregiver may be useful for extra protection when you come in contact with bodily fluids, like vomit, urine, or diarrhea. Check with your nurse to see if a disposable gown is needed. Remove and throw away the disposable gown, and wash your hands before attending to any other care or household tasks.



Be Careful With Body Fluids

Body fluids such as urine or vomit that have been collected in a container may be emptied in the toilet and the container cleaned with hot soapy water and rinsed with hot water and allowed to air dry.



Wear Masks

If there is a concern about spreading the cold or flu, a mask may be worn for protection.



Monitor Visitors

If a visitor states that they are not feeling well, encourage them to come back another day when they are feeling better. Remind all family members and visitors to wash their hands before and after visiting.



Clean-up Carefully

Trash that has blood or other body fluids should be placed in a plastic, leak-proof bag for regular trash disposal.



Get a Flu Shot

It is recommended that you talk to your physician about the benefits of receiving a flu shot during the fall season.



Wash Dirty Laundry Often

Laundry stained with blood or other body fluids should be washed separately from other household laundry in hot soapy water. Touch these items as little as possible before washing, to avoid spreading germs.



Cover Your Cough

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

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