

Infection Prevention and You

You are an important part of helping to prevent infection

WHAT CAN YOU DO TO HELP?



STOP smoking; smoking increases the risk of infection.



ASK your healthcare provider if they have cleaned their hands.

AVOID touching any wound or medical device (if present).



WASH your hands often, especially after using the toilet and before eating.

COVER your mouth & nose with a tissue or your elbow when coughing or sneezing.



TELL your healthcare provider if your wound or skin around a medical device becomes red, swollen or painful.

KEEP your dressings clean and dry. Inform your healthcare provider if not secure.



DISCOURAGE friends and family from visiting if they are unwell.

REMEMBER



TAKE the full course of any antibiotics prescribed, even if you feel better.

TALK to your healthcare provider if you have any concerns.



Take action for preventing infection

Visit the website for more information:

www.sahealth.sa.gov.au/hospitalinfections



This document has been reviewed and endorsed by SQCAG* for consumers and the community August 2016.

*SA Health Safety and Quality Community Advisory Group.

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