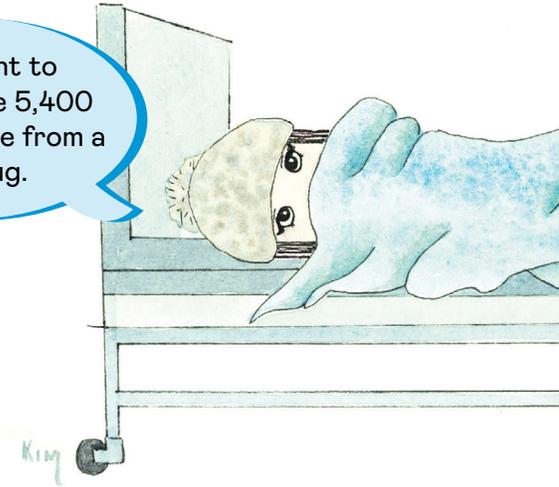


I'm super
scared!

I don't want to
be one of the 5,400
people who die from a
superbug.



What's bugging you?

How to avoid acquiring an infection in a healthcare facility

- Clean your hands often, especially after using the toilet, before meals, and after you return from another department. Clean your hands with soap and water for 20 seconds or rub in hand sanitizer until dry. Keep a bottle of hand sanitizer at your bedside.
- Expect everyone entering your room to use hand sanitizer first.
- Anyone entering your room should be taught how to apply and remove and dispose of any required protective barriers (gowns, gloves, masks), also known as personal protective equipment (PPE). Limit your non-essential visitors.
- Do not touch your wound, IV site or catheter. If a dressing or IV becomes wet, notify the nurse. Ask everyday if your catheter can be removed.
- If your bathroom is shared, expect regular cleaning and report to a nurse or cleaning staff if further cleaning is required.
- If you notice body fluids, open draining wounds, or poor respiratory hygiene in a common area, such as a waiting room, report this to a nurse or cleaning staff.
- Expect "high touch" areas e.g. call bells, remotes, side rails, tables and chairs to be cleaned regularly.
- Expect all equipment to be cleaned between patients. If in doubt, politely remind the professional to please clean the stethoscope, blood pressure cuff, blood glucose monitor etc.
- If surgery is planned, ask what you can do to avoid an infection.
- If concerned you have acquired an infection, ask for a diagnostic test before an antibiotic is prescribed.
- Report to a healthcare provider: chills, fever, change in ability to think, body aches, bluish tinge to body parts and say, "I'm worried I/this person has a serious infection/sepsis."

Resources

[AMR One-Pager \(cca-reports.ca\)](http://cca-reports.ca) and the full report
[Hospital Stay Checklists - The Care Partner Project](#)
[Empowering Patients is Critical to Decreasing HAIs - www.IC.tips](http://www.IC.tips)
(infectioncontrol.tips)
[Measuring and Monitoring Healthcare-Associated Infections: A Canadian \(longwoods.com\)](http://longwoods.com)
[Clean Hospitals - Transforming Patient Safety. A White Paper - ECJ \(europeanjournal.com\)](http://europeanjournal.com)
[Get Ahead of Sepsis – Know the Risks. Spot the Signs. Act Fast. | Patient Safety | CDC](#)

**You know your body
best, take charge,
and don't be afraid
to politely speak up.**