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Committee to
reduce infection deaths

A SAFER HOSPITAL STAY STARTS WITH YOU BEING PREPARED.

Bring the following items with you to the hospital to help reduce your risk of infection:

- [ ] The "15 Steps You Can Take To Reduce Your Risk of Getting a Hospital Infection" brochure – bring these lifesaving steps with you!
- [ ] A small bottle of hand sanitizer – ask everyone to use it, "Please clean your hands before touching me or anything in this room."
- [ ] To help prevent pneumonia: Sage Toothette Swabs or a toothbrush (in a case or baggie to keep it clean), toothpaste, and mouthwash. Use daily.
- [ ] Bleach wipes to clean frequently touched surfaces around your bed, such as the call button, TV controls, and over-the-bed table. Wiping them once a day can reduce your risk of the most common infection, **C. diff**, by 86%. Ask a friend or family member to help.
- [ ] The "10 Steps You Can Take to Reduce the Risk of Infection in a Nursing Home" brochure. As you recover, a hospital staff member may suggest that you spend time at a post-acute facility or rehab. This will help you choose a safe one.

Prepared for general education only by the Committee to Reduce Infection Deaths. Please always follow your healthcare team's instructions.