

Remember to



Wash Hands!

About “Superbug” Infections:

Dangerous and difficult-to-fight infections such as MRSA (mersa), VRE, and CRKP are called “Superbugs.” The germs are invisible and they’re everywhere in every hospital — even on clothing.

Who’s At Risk:

All patients are at risk for Superbug infections.



Use this Checklist to

Help Prevent “Superbug” Infections

- ✓ **Always wash your hands with soap and warm water, or alcohol gel or foam:**
 - Before you touch your loved one
 - Whenever you enter and leave your loved one’s room
- ✓ As needed, kindly **remind visitors and others to wash their hands before touching your loved one.** It’s OK to speak up — in a rush, even nurses and doctors may forget this step, but it could be a life-saver!*
- ✓ Help make sure your loved one washes hands and uses a soft-bristled brush to gently clean under nails, especially after using the bathroom and before eating.
- ✓ Use alcohol wipes to clean away germs from any surfaces your loved one and others may touch, such as...

Cell phone	Telephone	Inhalers	TV remote
Doorknobs	Faucets	Grab rails	Toilet handle
Call buttons	Bed rails	IV pole	Spirometer
Bedside tables and chairs			
Wheelchair arms and backs			

- ✓ **Be sure to clean again after every touch/contact by anyone.**
- ✓ Ask for bottles of alcohol-based gel to put in easy reach for your loved one.

Note: *It’s OK to ask for alcohol wipes and gel, and a nail brush. If you buy them yourself, choose well-known brands.*
- ✓ Make sure nurses and doctors use clean stethoscopes and thermometers.

***Download our handy reminder notes. They’re a friendly way to get your hand-washing message across.**



Get a Nurse if:

You see any changes in the skin (or your loved one tells you about):

- **Oozing, pus, increasing redness, tenderness around surgery stitches**
- **Bumps or spots that look like boils, pimples or bug bites**
- **Breaks in the skin or a skin rash**

Your loved one shows signs of (or tells you about):

Chills , shivering

Headache

Body aches

Confusion

Diarrhea

Cramps

Extreme pain

Nausea

No appetite

Fast heartbeat

Fast breathing

**It's OK to
Speak Up**