

Infection Prevention and You

You are an important part of preventing an infection while you are in hospital

BEFORE ADMISSION



REPORT any recent infections, especially if you are still on antibiotics.

STOP smoking before surgery as this increases the risk of infection.



IN THE HOSPITAL



ASK your healthcare worker if they have cleaned their hands.

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



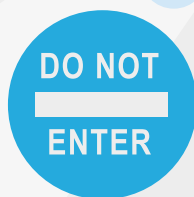
WASH your hands after using the toilet or a commode, and before eating.

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



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

KEEP your dressings clean and dry. Inform your nurse if not secure.



DISCOURAGE friends and family from visiting if they are unwell.

ON DISCHARGE



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

FOLLOW instructions regarding the care of your wound or medical device.



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 March 2016.

*SA Health Safety and Quality Community Advisory Group.



Government of South Australia

SA Health