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**INFECTION CONTROL AT HOME**

**TOP TEN INFECTION PREVENTION TOOLS:**

1. Wash hands with friction for at least 20 seconds often
2. Clean surfaces especially bathrooms, kitchen, and health equipment daily
3. Do not touch your face unless your hands are clean
4. Cover your mouth when sneezing or coughing into a tissue or your arm
5. Wear a mask outside of your home or near anyone that may be sick in your home and car
6. Social distance at least 6 feet from others outside of your immediate family
7. If you feel sick stay home and away from other in your home
8. Get vaccinated including the flu shot
9. Exercise daily and eat well balanced meals
10. Remind caregivers to wash their hands prior and after care

**HAND WASHING**

As you touch people, surfaces, and objects, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose, or mouth, or spread them to others.

It is best to wash your hands with soap and water. Over-the-counter antibacterial soaps are no more effective at killing germs than is regular soap.

Follow these steps:

* Wet your hands with clean, running water — either warm or cold.
* Apply soap and lather well.
* Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
* Rinse well.
* Dry your hands with a clean towel or air-dry them.
* Turn off faucet with paper towel.

**HAND SANITIZERS**

Alcohol-based hand sanitizers, which do not require water, are an acceptable alternative when soap and water are not available. If you use a hand sanitizer, make sure the product contains at least 60% alcohol.

**COVER COUGH AND SNEEZES**

Cover your mouth and nose with a tissue or your arm when sneezing or coughing to prevent germs from spreading up to six feet.