



ABOUT “SUPERBUG” INFECTIONS:

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

RISK FACTORS:

All patients are at risk for “Superbug” infections.

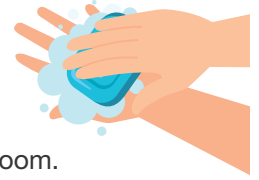
Hospitals are public places and germs come and go. We can all pitch in to keep patients infection-free!



HOW TO HELP

PREVENT SUPERBUG INFECTIONS:

- Always wash your hands** with soap and warm water, or use alcohol gel or foam:
 - Before you touch your loved one, and
 - Whenever you enter or leave your loved one’s room.
- As needed, kindly remind visitors and others to wash their hands** before touching your loved one. It’s okay to speak up. In a rush, even nurses and doctors may forget this step, but it could be a life-saver!
- Bring hand cleanser** (like Purell® or another good brand) and a nail brush to put within easy reach so your loved one can clean their hands often — especially after using the bathroom and before eating.
- Use a warm, soapy washcloth or bring alcohol-based wipes to clean away germs** from all surfaces anyone touches, such as ...
 - Cell phone.
 - Doorknobs.
 - Call buttons.
 - Room phone.
 - Bed rails.
 - Inhalers.
 - Grab rails.
 - IV pole.
 - TV remote.
 - Toilet handle.
 - Sink handles.
 - Room chairs.
 - Tray table (top, sides, drawer and underneath).
 - Bedside table.
 - Wheelchairs.
- Be sure to clean again** after every touch or contact by anyone.
- Make sure nurses and doctors** use clean stethoscopes and thermometers.



GET A NURSE IF:

Your loved one shows signs of (or complains about) the following:

- Oozing, pus, redness, or tenderness around surgery stitches.
- Bumps or spots that look like boils, bug bites, or pimples.
- Breaks in the skin.
- Skin rash.
- Chills, shivering.
- Confusion.
- Extreme pain.
- Fast heartbeat.
- Headache.
- Diarrhea.
- Nausea.
- Fast breathing.
- Body aches.
- Cramps.
- No appetite.