Tips for Infection Control in the Home

Contact with infected body fluids, such as, blood, urine, feces, mucous or the droplets sprayed into the air when a person coughs or sneezes can spread illnesses from one person to another. Some infections are spread through items that have been contaminated by drainage from infected sores or discharges from the nose, mouth, eyes or genital/rectal area. Controlling the spread of infections means interrupting the way illness travels from one person to another. Maintaining a clean environment helps to keep infections under control. Maintaining personal hygiene is important to your health.

· Wash your hands frequently and thoroughly

· Clean contaminated household and medical equipment thoroughly

· Meet your health needs

Good hand washing is the single most important way to control infection.

Emergency Preparedness

In case of emergency, get medical help (first aid/CPR) quickly: DIAL 911

· GIVE THE LOCATION OF THE EMERGENCY (FULL ADDRESS)

· CLEARLY EXPLAIN WHAT HAPPENED

· TELL HOW MANY PEOPLE NEED HELP

· DON'T HANG UP

Be prepared for emergencies:

1. Refill medication renewals promptly to ensure you have adequate supplies on hand.

2. Be sure you have an emergency back-up source/supply for any medical equipment requiring electricity.

3. Always keep a list of emergency telephone numbers available, including your medical equipment supplier(s).

4. Have someone such as a family member or neighbor who will check on you if an emergency situation occurs.

5. Determine an evacuation route and alternatives.

6. Arrange for a friend or relative in another town to be a communication contact for the extended family.

7. Make a habit to listen to daily weather forecasts. Be aware of changing conditions.

8. Find out where the main utility switches are in your home and assign someone to turn them off in an emergency situation.

9. Have a flashlight and extra batteries nearby for power outages. Keep extra blankets available in case the power goes out.