

Infection Control at Home

SYMPTOMS OF INFECTION

Report the following signs and symptoms of infection to your healthcare provider:

- cough
- sore throat
- fever, chills
- diarrhea
- vomiting
- rashes
- pain when passing water (urine)
- increased size, redness, swelling
- drainage of any wound

WASH YOUR HANDS

Wash hands before and after touching uncooked foods, money or pets, before handling or eating foods, and after using the toilet or cleaning genitalia, changing a diaper, handling soiled linens, coughing, sneezing, blowing nose or caring for the mouth.

Hand washing should be done frequently and correctly: Remove jewelry; using warm water and liquid soap; hold your hands down so water flows away from your arms; scrub for at least 15 seconds, including fingernails and between your fingers; dry your hands with a clean paper towel or clean cloth towel.

Washing your hands is the single most important step in controlling the spread of infection



RESPIRATORY HYGIENE/COUGH ETIQUETTE

- Cover your mouth and nose with a tissue when coughing or sneezing;
- After use dispose soiled tissue into the nearest waste receptacle;
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) after having contact with respiratory secretions and contaminated objects/materials;
- use a mask if coughing; and
- Stand or sit at least 3 feet from other persons, if possible.

Stop the spread of germs that make you and others sick!

Cover your Cough



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