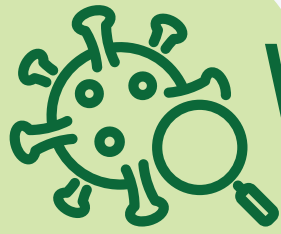


Together We Prevent Infection



- Together, we can help stop the spread of harmful germs and diseases. Infection control isn't just about rules. It's about protecting one another. By following simple guidelines, each of us plays a vital part in keeping our patients, visitors, and staff safe. When we all do our part, we protect the people who matter most.

Tips & Tricks

- **Wash your hands**
Use soap and warm water and sing the Happy Birthday song twice!
Use hand sanitizer
- **Keep your hands away from your face**
- **Cover coughs and sneezes**
- **Wear mask appropriately**
- **Clean your personal items (phone, keys, etc.)**
- **Do not be afraid to ask any questions or for help**



How Does Bacteria Spread?



- Touch (person-to-person)
- Air (coughing/sneezing)
- Surfaces (dirty counters)
- Food and water
- Body fluids



How Do I Stop the Spread?

- Wash your hands
- Wear a mask if you feel sick (cough/flu-like symptoms)
- Keep your distance
- Cover coughs & sneezes (cough into your elbow)
- Don't touch what you don't need to
- Stay up to date on vaccines

Who is at High Risk?

- Young children
- Older adults
- Individuals with chronic diseases
- People with weakened immune systems
- Healthcare workers
- Unvaccinated individuals
- People living in close quarters
- People who are in healthcare facilities



Common Signs of Infection

- Fever or chills
- Cough, sore throat, or difficulty breathing
- Fatigue or weakness
- Redness, swelling, or pain around wound or skin
- Diarrhea, nausea, or vomiting



Everyone Plays a Role in Stopping Infection!



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Southern New Hampshire Health is committed to protecting the health and safety of our patients, visitors, and staff.