

Learn More

Infection Prevention and Control is **everyone's** business!

Please speak up and ask for more information about your care.



Palliative care. Living well every day.

epc.asn.au ☎ 1300 130 813



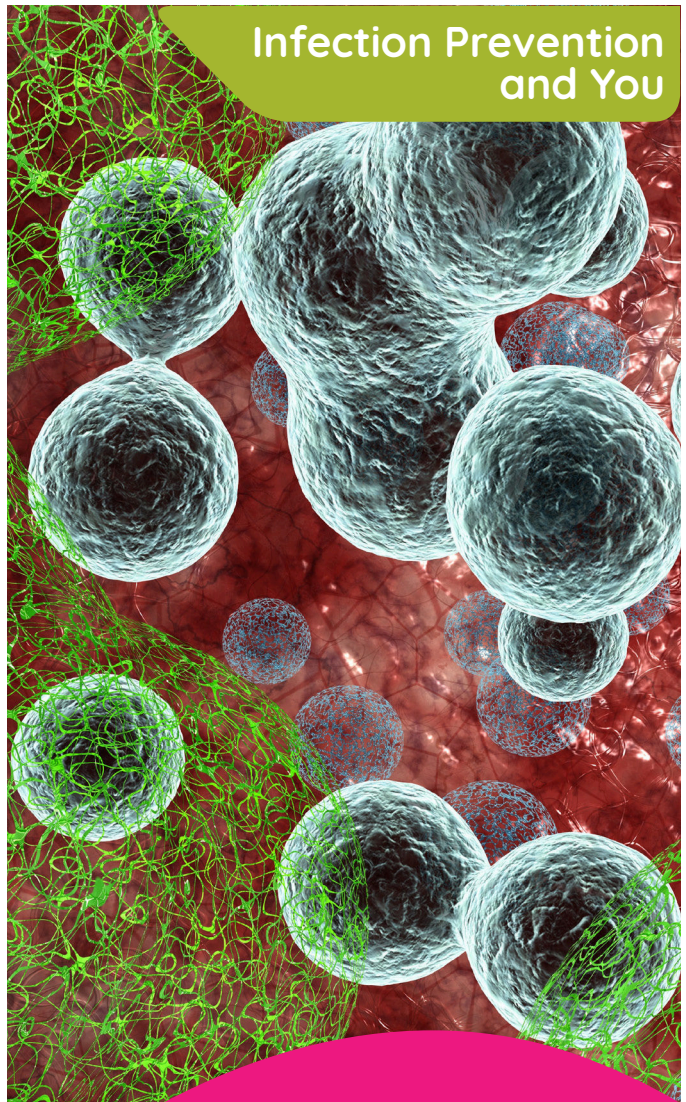
ST VINCENT'S
HOSPITAL
MELBOURNE



EPC is a partnership between the Order of Malta, Outer East Palliative Care Service Inc. and St Vincent's Hospital (Melbourne) Ltd.

Copyright © 2018 Eastern Palliative Care [09/18]

Infection Prevention and You



Palliative care. Living well every day.

epc.asn.au ☎ 1300 130 813

What are healthcare associated infections?

A healthcare-associated infection (HAI) is an infection that can occur as a result of the care or treatment that you receive.

The most common types of HAIs are as follows.

- Urinary Tract Infections (from catheters)
- Catheter Associated Blood Infections
- Gastrointestinal infections (eg: gastro)
- Wound or skin infections.

How do EPC staff prevent infection in the home?

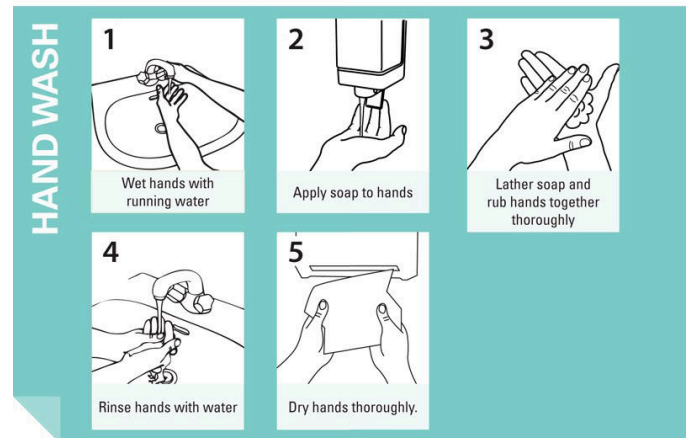
EPC staff use proven methods to help you stay safe from health care associated infections. These include the following.

- Hand washing
- Alcohol-based gel hand rub
- Disinfectant wipes to clean equipment
- Wearing gloves, goggles and/or gowns
- Using disposable items
- Using sharps safely
- Talking to you about how to prevent infections

What can you do to prevent infections?

You can also play an important role in preventing infection.

- Wash your hands regularly especially after going to the toilet or before preparing food.
- Wash your hands before touching a dressing or urinary catheter.
- Wear gloves.
- Cover cuts & grazes with a waterproof dressing.
- If the area around a dressing becomes wet or feels uncomfortable, ask staff what to do.
- If the area around a dressing, IV site, etc becomes painful, red, hot or itchy, let EPC staff know.



Washing your hands properly is the single most important thing you can do to prevent infection!