

# 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](http://epc.asn.au) ☎ 1300 130 813



ST VINCENT'S  
HOSPITAL  
MELBOURNE

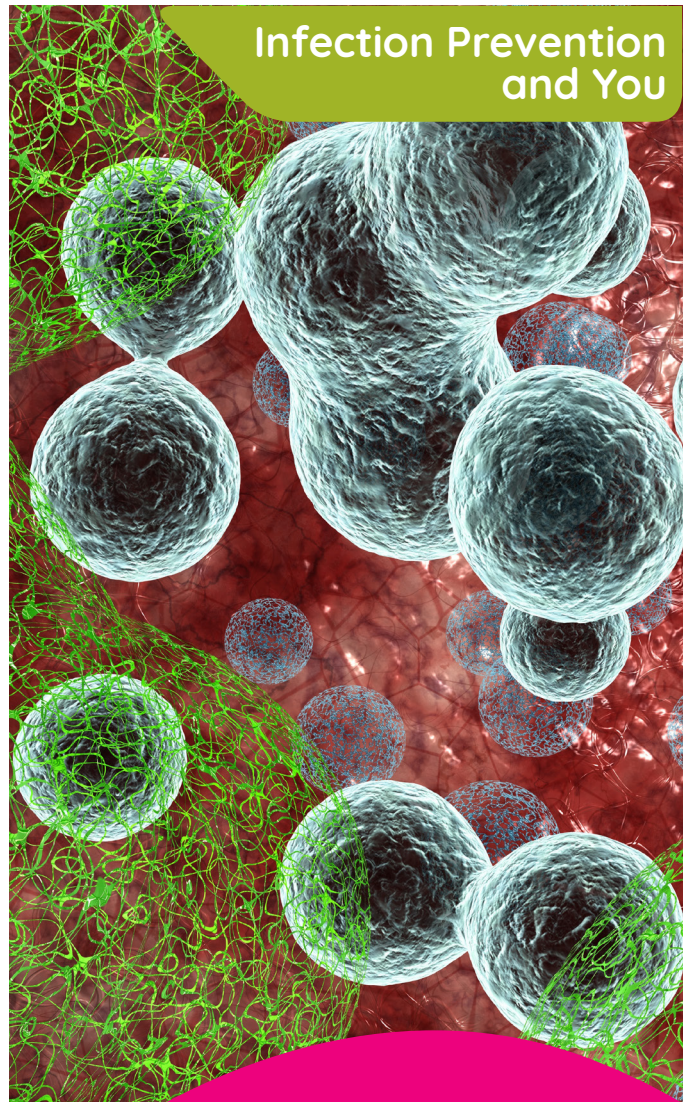


State  
Government

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](http://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?

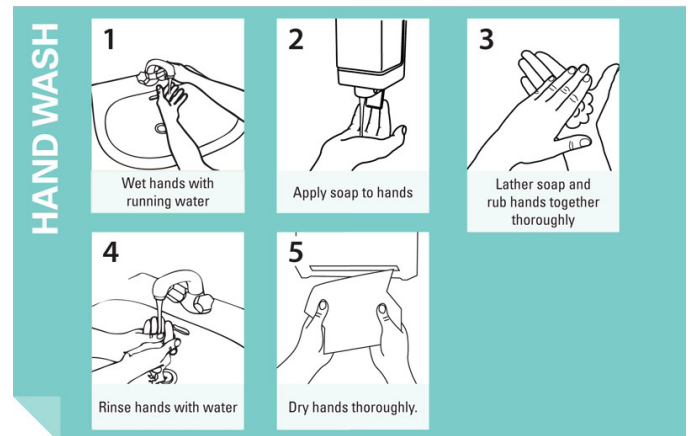
EPC staff use proven methods to help you stay safe from health care associated infections. These include the following.

- 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!**