

INFECTION PREVENTION IS IN YOUR HANDS

Providing good health care involves not only treating but preventing illness. The key to infection prevention is using proper precautions every day.

What is an Infection or an Infectious Disease?

Germs like bacteria and viruses can cause infections. Some germs are so small that millions of them fit on the period at the end of a sentence. Germs cause common illnesses such as a cold or the flu, childhood illnesses like chickenpox, skin infections, and serious diseases, such as meningitis or tuberculosis.

How Can You Help Prevent Infections?

- Having clean hands is the most important step! Remember to clean your hands before and after you visit patients. Cleaning your hands can be done with soap and water or an alcohol hand rub. Alcohol hand rub is now available in dispensers in all patient care areas and is even better for disinfecting the hands than soap and water, if hands are not visibly dirty. You should also wash your hands before eating and after going to the bathroom, blowing your nose, sneezing or coughing.
- Please do not visit a patient when you are sick, if you are sick, you could pass your illness to the patient, his/her roommate, another visitor or hospital staff. If you must visit a patient while you are sick, please wash your hands or use the alcohol hand rub first. If you have a respiratory infection (cold or flu), inform a staff member and ask for a mask to prevent the spread of these germs through the air. Sneeze or cough into a tissue and clean your hands afterward.
- Some patients may require isolation, staff and visitors may be asked to wear gloves, a gown or a mask in certain situations. Some germs are spread by contact or touch. Always wash hands or use the alcohol hand rub before and after visiting these patients and after removing gloves.
- Before bringing live plants or fresh produce into the hospital, please check with the patient's nurse or doctor. In some areas of the hospital, live plants and fresh fruits or vegetables may not be allowed because they may be another source of germs.
- Before bringing children to visit a patient, please discuss the visit with a staff member. It is not a good idea to bring sick children into the hospital to see patients. You may also need to make special arrangements before children are allowed in the ICU, Women and Infants, and BMT areas.
- For information about a specific disease, ask the patient's nurse. You can also check at the Library for Health Information, located James Lobby (near the elevators) and at University Hospital East on the wall-mounted shelving units throughout the hospital.

For questions regarding infection and Isolation, please call the Epidemiology Department at (614) 293-8556.

Ohio State University Medical Center is committed to improving people's lives through personalized health care. That's why all OSU Medical Center Locations - inside and outside - are tobacco-free, if you use tobacco and are ready to quit, contact the OSU Medical Center Tobacco Treatment Center at 1-866-504-6561 or the Ohio Tobacco QUIT LINE at 1-800-QUITNOW.

预防感染从双手做起

提供良好的医疗护理不仅包括治疗，还包括预防疾病。预防感染的关键是每天采取适当的预防措施。

什么是感染或感染疾病？

细菌和病毒等微生物可以引起感染。一些微生物非常小，在句尾句号这么小的面积里就可能容纳数百万个微生物。微生物可能引起一般疾病，例如感冒或流感；儿童疾病，如水痘；皮肤感染；严重疾病，如脑膜炎或肺结核。

您如何能够帮助预防感染？

- 保持双手清洁是最重要的一步！切记在探望患者前后清洁您的双手。可以用肥皂和水或者酒精干洗液来清洁您的双手。目前酒精干洗液在所有患者护理区中的洗手液自动供给器中都有提供，而且在双手看起来不脏的情况下消毒效果胜于肥皂和水。饭前便后以及擤鼻涕、打喷嚏和咳嗽后也应该洗手。

- 当您有病时不要探望患者，否则可能会将您的疾病传染给患者、他/她的室友、其他探望者或医院员工。如果您必须在自己有病时探望患者，请首先洗手或使用酒精干洗液。如果您患有呼吸道感染病（感冒或流感），请通知工作人员并要求使用面罩来防止通过空气传播这些病菌。打喷嚏和咳嗽时应用面巾纸遮住口鼻，然后清洁您的双手。

- 某些患者可能要隔离，而且可能要求工作人员和探望者戴上手套、穿上长袍或者戴上面罩。一些病菌通过接触传播。在探望这些患者前后以及脱去手套之后，均应洗手或使用酒精干洗液。

- 将活的植物或新鲜农产品带入医院之前，请联系患者的护士和医生以确定这样做是否合适。在医院的某些区域，可能不允许带入活的植物或新鲜水果与蔬菜，原因在于它们可能是另一种病菌来源。

- 在带孩子探望患者之前，请与工作人员进行讨论。带生病的孩子到医院探望患者并不适当。您可能还需要先做出特殊安排，医院才允许孩子进入重病看护病房、妇婴、和骨髓移植区域。

- 有关特定疾病的信息，请询问患者的护士。您还可以在位于 James Lobby（电梯旁）和大学医院东院区（University Hospital East）的墙式架子上的健康信息库中进行查阅。

有关感染和隔离的问题，请致电流行病学部，电话：(614) 293-8556。

俄亥俄州立大学医疗中心致力于通过人性化医疗服务提升人们的生命质量。因此，OSU 医疗中心内部和外部的所有位置都是禁烟区。如果您使用烟草并准备戒烟，请拨打 1-866-504-0561 联系 OSU 医疗中心烟草依赖治疗中心，或者致电俄亥俄州戒烟专线 1-800-QUIT-NOW。

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