



## THE CARE PARTNER PROJECT™

How to Get the Care You Want  
for the People You Love

### ABOUT “SUPERBUG” INFECTIONS

*Dangerous and difficult-to-fight infections such as MRSA (mersa), VRE, and CRKP are called “superbugs.” The germs are invisible and they’re everywhere in every hospital—even on clothing.*

### RISK FACTORS

*All patients are at risk for Superbug infections.*

*Download our handy reminder notes. They’re a friendly way to get your hand-washing message across.*



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# CHECKLIST

## PREVENT “SUPERBUG” INFECTIONS

- Always wash your hands with soap and warm water, or alcohol gel or foam:
  - Before you touch your loved one
  - Whenever you enter and leave your loved one’s room
- As needed, kindly remind visitors and others to wash their hands before touching your loved one. It’s OK to speak up. In a rush, even nurses and doctors may forget this step, but it could be a life-saver!
- Help make sure your loved one washes hands and uses a soft-bristled brush to gently clean under nails, especially after using the bathroom and before eating.
- Use alcohol wipes to clean away germs from any surfaces your loved one and others may touch, such as ...
- Be sure to clean again after every touch/contact by anyone.
  - cell phone
  - doorknobs
  - call buttons
  - room phone
  - faucets
  - bed rails
  - inhalers
  - grab rails
  - IV pole
  - TV remote
  - toilet handle
  - sink handles
  - spirometer
  - room chairs
  - tray table
  - bedside table  
(top, sides, drawer and underneath)
  - wheelchairs
- Ask for bottles of alcohol-based gel to put in easy reach for your loved one.

*Note: It’s OK to ask for alcohol wipes and gel, and a nail brush. If you buy them yourself, choose well-known brands.*
- Make sure nurses and doctors use clean stethoscopes and thermometers.

### GET A NURSE IF...

Your loved one shows signs of (or complains about) the following:

- oozing, pus, increasing redness, tenderness around surgery stitches
- bumps or spots that look like boils, pimples or bug bites
- breaks in the skin or a skin rash
- chills , shivering
- confusion
- extreme pain
- fast heartbeat
- headache
- diarrhea
- nausea
- fast breathing
- body aches
- cramps
- no appetite