

How to Avoid Infections if You are At Risk (patient)

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#61

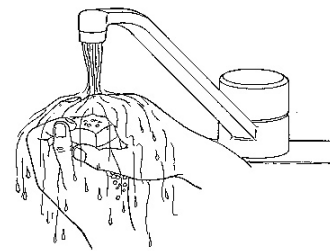
Name of Child: _____ Date: _____

How to Avoid Infections

if you are at risk

Keep Yourself Clean

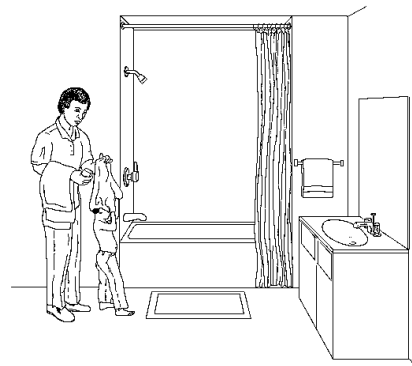
- Wash your hands every day with soap and water. Rub your hands well when washing. Use a soap that kills germs (antibacterial).
- Always wash your hands before and after touching food.
- Always wash your hands after using the toilet and changing diapers.
- Keep your whole body clean. Wash your skin often with soap and water. Brush your teeth every day.



Wash your hands.

Stay Away from Germs

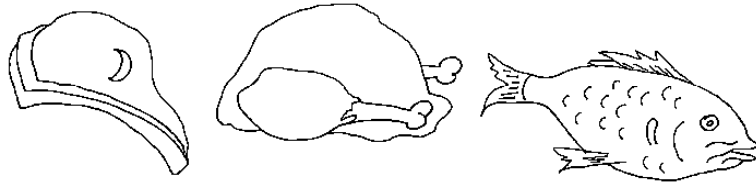
- yes no Stay away from people with measles, chicken pox, TB (tuberculosis), the flu and other illnesses that you can catch.
- yes no Stay away from the stools of people who took an oral polio vaccine (OPV) in the last six weeks.
- yes no If you get near people with measles, chicken pox, whooping cough or TB call your doctor right away. Your doctor will tell you if you need to take any medicine to stay well.



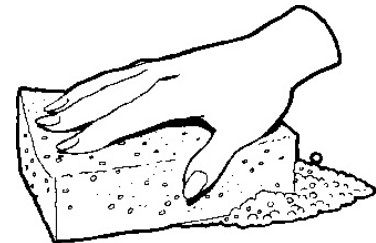
Keep your whole body clean.

Eat Only Clean Food

- Wash your hands well before eating or drinking.
- Wash or cook all fresh fruits and vegetables before you eat them.
- Keep meat, chicken, turkey and seafood in the freezer or refrigerator until you cook them. Cook them well before you eat them.
- Eggs must be well cooked, too. Do not eat raw eggs or anything that has raw eggs in it. Do not eat eggs with runny yolks.
- yes no Milk and milk products, such as cheese, ice cream or yogurt, must be pasturized or cooked. This is important whether the milk comes from a cow or any other animal. If it is pasteurized, it will say so on the label.
- Keep the kitchen clean.
 - Clean counters and cutting boards after each use with hot, soapy water.
 - Wash dishes and glasses after they are used.
 - Throw out the garbage every day.



Keep meat, chicken, turkey and seafood in the freezer or refrigerator until you cook them. Cook them well before you eat them.



Clean counters and cutting boards after each use with hot, soapy water.

Drink Only Clean Water

- yes no If you go camping or travel outside of the United States, drink water that was treated by reverse osmosis or has been distilled. This water may come in a bottle or can.
- yes no If you can not get bottled water, boil water for 15 minutes, then let it cool, before you drink it. You may also sterilize water with a special filter or iodine tablets.

Be Careful Around Animals

- Do not eat or drink while playing or working with animals.
- Always wash your hands after touching, playing with or taking care of any animal.
- yes no Do not touch turtles, snakes, lizards, frogs or mice.

- yes no You may wear gloves when touching animals, to avoid getting germs from them. Wash your hands when you take off the gloves.
- yes no Cats carry many germs. It is safest not to have a pet cat.
- yes no If you have a cat:
 - feed it only cooked food or dried food
 - keep the cat inside and away from other cats
 - have someone else change the litter box.
- yes no Try not to be scratched by a cat.



Always wash your hands after touching, playing with or taking care of any animal.

Be Careful Outdoors

- Wash your hands after playing in dirt or touching dirt.
- Try not to get stuck by thorns or splinters.
- Don't go outside in a dust storm.
- Stay away from places where birds and chickens live.

Be Careful When You Travel

- yes no If you are planning a trip, tell your doctor.

Get Immunizations

(Baby Shots)

- Make sure your shots are up to date.
- In the fall, ask your doctor if you need a flu (influenza) shot.
- yes no No one in the house should get the oral polio vaccine (OPV). Get the IPV (inactivated polio virus vaccine) instead.



Make sure your shots are up to date.

- yes no Ask your doctor or nurse about the MMR vaccine.
 yes no Ask your doctor or nurse about the Varicella vaccine.
 yes no Ask your doctor or nurse about the pneumovax vaccine.
 yes no Get a TB test every year.

Now that you've read this:

- Tell your nurse or doctor what you will do to avoid infections. (Check when done.)



If you become sick, call your doctor.
If you have any questions or concerns about
how to avoid infections, call

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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• Illustrated by Dennis Swain and Cynthia Larkin
This handout is also available in Spanish as #353/61s patient.