

Handwashing

Handwashing is the single most important means of preventing the spread of infections diseases such as colds and flu. Direct contact is the primary way to spread these germs. Wash your hands often! Wash your hands when they are dirty, before and after eating, after coughing or sneezing, after blowing or wiping your nose, after wiping a blood or mucous drainage on the body, and before leaving the restroom.

How to Wash Your Hands:

1. **Wet and apply soap to hands.**
2. **Lather for 15 seconds.**
3. **Rinse hands under running water.**
4. **Dry hands thoroughly with paper towel and discard.**
5. **Turn faucet off with another paper towel and discard.**

Pneumococcal Disease

Pneumococcal disease is a serious disease that causes much sickness and death. In fact, pneumococcal disease kills more people in the United States each year than all other vaccine-preventable diseases combined. Anyone can get pneumococcal disease. However, some people are at greater risk from the disease. These include people 65 and older, the very young, and people with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, HIV infection, or certain types of cancer. Vaccines are available at public health departments, physician's offices, and select pharmacies.

Influenza "Flu" and Vaccines

Influenza ("flu") is a very contagious disease. It is caused by the influenza virus, which spreads from infected persons to the nose or throat of others. Other illnesses can have the same symptoms and are often mistaken for influenza. But only an illness caused by the influenza virus is really Influenza. Anyone can get influenza. For most people, it lasts only a few days. It can cause fever, sore throat, chills, fatigue, cough, headache, and muscle aches. Some people get much sicker. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children. Influenza kills about 36,000 people each year in the United States, mostly among the elderly. **Influenza vaccine can prevent influenza.**

Who should get inactivated influenza vaccine? Influenza vaccine can be given to people 6 months of age and older. It is recommended for people who are at risk of serious influenza or its complications, and for people who can spread influenza to those at high risk (including all household members).

People at high risk for complications from, influenza:

- All children 6-23 months of age.
- People 65 years of age and older.
- Residents of long-term care facilities,
- People with certain conditions (such as neuromuscular disorders) that can cause breathing problems,
- People with a weakened immune system due to HIV / AIDS or other diseases affecting the immune system , long term treatment with drugs such as steroids, cancer treatment with x-rays or drugs.
- People 6 months to 18 years of age on long-term aspirin treatment (these people could develop Reye Syndrome if they got influenza).
- Women who will be pregnant during influenza season.

Flu vaccines are available at public health departments, physician's offices, and select pharmacies.



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INFECTION PROTECTION



PINS

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PATIENT IDENTIFICATION