



**TRIO**  
HOME HEALTH CARE  
OF SAN DIEGO

Patient: \_\_\_\_\_

## **PATIENT INSTRUCTIONS**

### **What to Do to Minimize Infection Risk in the Home**

1. Hand washing is the single most important step in controlling the spread of infection – **WASH HANDS often with soap and water** throughout the day, especially before handling food/eating, after using the toilet, coughing, sneezing or blowing nose, or touching pets.
2. **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
3. **Avoid touching** your eyes, nose, and mouth with **unwashed hands**.
4. **Clean and disinfect frequently touched objects** such as: telephone, appliances (refrigerator, microwave/oven, coffee maker, etc.), door handles, assistive devices such as walker, cane, commode, grab bars, light switches, remote controls, keys, and all kitchen, bathroom and bedroom surfaces.
5. Avoid close contact with people who are sick or have recently traveled outside of the country.
6. Notify your physician and/or home health staff if you develop any signs/symptoms of infection such as: fever, chills, cough, sore throat, painful urination, confusion, nausea, vomiting, or diarrhea, pain/redness/swelling of a body part.

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Clinician Name

\_\_\_\_\_  
Date