

Take the Pledge...

...to practice *all* infection prevention skills!

I pledge to keep my hands clean by performing hand hygiene according to my facility's policies to help stop the spread of germs.



I will clean my hands before and after resident contact and after certain procedures according to my facility's policies, including:

- Before I enter and after I leave a resident's room or provide care
- Before and after I touch a urinary catheter
- After I touch any blood or body fluids
- Before and after I wear a gown, mask, and gloves so I do not touch germs, blood, and body fluids

When I wash my hands with soap and water, I will:

- Wet my hands with clean, running water, applying the amount of product recommended by the manufacturer to hands
- Rub hands together vigorously for at least 20 seconds covering all surfaces of the hands and fingers
- Rinse my hands with running water
- Dry my hands using a clean disposable towel
- Turn off the faucet with the disposable paper towel

When I clean my hands with alcohol-based hand sanitizer, I will:

- Apply the product to the palm of one hand
- Rub my hands together
- Rub the product over all surfaces of my hands and fingers until my hands are dry

I welcome feedback on my hand hygiene and will help other staff, residents, and families practice good hand hygiene.

I pledge to keep the residents' environment and equipment clean to help stop the spread of germs from one person to another.



I know surfaces that look clean may be contaminated with germs that can get on my hands. Some germs can live on surfaces for a long time and can make me and others sick. Cleaning and disinfecting must be done to help remove these germs. I understand the steps and will follow the manufacturers' recommendations to use cleaning chemicals to keep the resident's environment clean and disinfect.

Step 1: I will clean surfaces and equipment to remove germs before and after using it on a resident.

Step 2: I will disinfect surfaces and equipment to kill germs before and after using it on a resident.

I will explain to residents and their families that cleaning surfaces and equipment helps prevent the spread of germs.

I pledge to practice standard precautions to help stop the spread of germs from one person to another.



I will:

- Keep my hands clean by performing hand hygiene according to my facility's policies.
- Wear clean clothes every day and change my clothes if they become soiled.
- Wear personal protective equipment (PPE) such as a gown, mask, gloves, and eye protection when I need to protect myself from blood and body fluids and per our policy.
- Keep surfaces and equipment clean and sanitized.
- Tell my supervisor if I think a resident or staff member is sick.
- Keep residents who are sick with germs that can easily spread to other people in private rooms or with residents with the same germs.
- Cover my coughs and sneezes by sneezing or coughing in my elbow or upper sleeve.
- Make sure that I perform safe injection practices at all times—I will use a new syringe and needle with every injection.
- Use the resident's insulin pen for only that resident.

If a resident needs to be started on additional infection prevention precautions, I will explain these precautions to staff, residents, and their families so they can help prevent the spread of germs.

I pledge to understand and educate others about the appropriate use of antibiotics.



Millions of people get serious infections with germs that are resistant to antibiotics designed to treat those infections. Thousands of people die each year as a direct result of these antibiotic-resistant infections.

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- It's okay for residents to ask if an antibiotic is truly needed.

Signed:

Date:

