

General Infection Control at Home



1. **Wash hands regularly** with mild soap. Use over-the-counter antibacterial hand lotions (like “Purell”) regularly when washing with soap and water is not convenient.

2. Maintain good overall hygiene including **daily bathing with soap and water and application of lotion to dry skin afterwards.**



3. Concentrate on **good nutrition and fluid intake.**

Balanced diets that include grains, fruits, vegetables, and controlled quantities of fat and protein promote good health and help you resist infection. Your fluid intake should also include 6 to 8 8oz glasses of water daily.



4. Perform at least **15 minutes exercise** every day. This can include activity as simple as range-of-motion.

5. **Control stress.** Engage in one-full hour of your favorite activity every day.

6. Review and discuss infection control measures with your doctor and visiting nurse if an **invasive medical procedure** is planned.

7. **Stay current with immunizations.**

8. **Keep your home sanitary**, including daily trash removal, disinfection of kitchen and bathroom surfaces, and regular laundering of clothes, household and bed linens.



9. **Avoid raw or unpasteurized dairy products**, and raw or undercooked meat.

10. **Avoid crowds**, visitors, or family members **that have a contagious or potentially contagious condition.**

11. Change air conditioning, heating, vaporizer, and humidifier filters regularly.