

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 for cleaning chemicals to keep the resident's environment clean and disinfected.

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:

