1. Clean your hands ...
   - Use an alcohol-based hand sanitizer.
   - Use soap and water if your hands are visibly dirty.
   - Clean your hands before eating or touching food.

2. Remind caregivers to clean their hands ...
   - As soon as they enter the room.
   - This helps prevent the spread of germs.
   - Your caregivers may wear gloves for their own protection.

3. Stay away from others when you are sick ...
   - If possible, stay home.
   - Don’t share drinks or eating utensils.
   - Don’t touch others or shake hands.
   - Don’t visit newborns.

4. If you are coughing or sneezing ...
   - Cover your mouth and nose.
   - Use a tissue or the crook of your elbow.
   - Clean your hands as soon as possible after you cough or sneeze.
   - Ask for a mask as soon as you get to the doctor’s office or hospital.
   - Keep a distance of about 5 feet between you and others.

5. If you visit a hospital patient ...
   - Clean your hands when entering or exiting the hospital.
   - Clean your hands before going in or out of the patient’s room.
   - Read and follow the directions on signs posted outside the patient’s room.
   - You may be asked to put on a mask, gloves, a paper gown, and shoe covers.
   - If sanitizer wipes are in the room, read the instructions. Some wipes are only for cleaning equipment and surfaces, and are not safe for skin.
   - If you are unsure about what to do, ask the nurse.

6. Get shots to avoid disease ...
   - Make sure your vaccinations are current — even for adults.
   - Help prevent diseases like the flu, whooping cough and pneumonia.

The goal of Speak Up™ is to help patients and their advocates become active in their care.

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