

Patient Safety Starts with You

While at Renown Health, you, the patient, are the most important member of the healthcare team. Patient safety starts with the patient, and we encourage you to ask questions and provide feedback. Input from patients helps improve service and provide a safer healthcare environment.

Here are some simple things you and your loved ones can do to help prevent infections:

- Wash or sanitize your hands when entering and leaving the room of the person you are visiting. Insist that healthcare providers do the same before caring for your friend or loved one.
- Clean your hands after sneezing or coughing; touching your eyes, nose or mouth; using the restroom; and before and after eating and drinking.
- Do not visit the hospital if you are sick or have had any ill symptoms within the last three days.
- If the person you are visiting is on "Isolation Precautions," talk to the nurse before entering the room.
- Limit the patient's personal items. Keep patient items off the floor and away from waste containers.
- If you are visiting multiple patients, sanitize your hands before and after seeing each one.
- Follow discharge instructions and eliminate germs from the patient's environment at home by using disinfectants to clean hard surfaces often. Ask for special instructions if the patient had a drug-resistant infection such as MRSA, a type of bacteria resistant to many antibiotics, and C. difficile, a bacteria that causes intestinal conditions.
- While flowers, young visitors and home-baked goodies spread cheer, they may not be allowed. Check with the nurse first.

What You Can Do to Get and Stay Healthy

- Wash your hands frequently
- Use soap and warm water. Rub your hands together for at least 15 seconds.
- Rub your palms, fingernails, in between your fingers, and the back of your hands.
- If soap and water are not readily available, clean your hands using hand sanitizer (conveniently located throughout the hospital). Rub the sanitizer all over your hands, especially under your nails and between your fingers. Keep rubbing until your hands are dry.
- Cover your cough.
- Serious respiratory illnesses like influenza, respiratory syncytial virus, whooping cough and the common cold are spread by coughing, sneezing and unclean hands.
- After coughing or sneezing, wash your hands.
- Cover your nose and mouth with a tissue every time you cough or sneeze and dispose of that tissue in the wastebasket.
- If you don't have a tissue, sneeze or cough into the crook of your arm.
- Stay home when you're sick.
- Get vaccinated.
- Check with your healthcare team to make sure you're current on all vaccinations available to you.



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HEALTH

Best Practices

Renown Health utilizes best practices to prevent the spread of infection in accordance with guidelines from the Centers for Disease Control and Prevention (CDC), the Nevada State Health Division, Washoe County Health District and all applicable regulatory agencies. Measures taken include, but are not limited to: limiting unprotected exposure to infection; limiting the transmission of infections associated with procedures; acting in accordance with hand hygiene and isolation guidelines; and limiting the transmission of infection associated with the use of medical equipment, devices and supplies.

Renown Health assesses patients with infections upon admission and throughout their stay, as needed, and provides information in accordance with NRS 439 about the occurrence of common healthcare-associated infections and the risk factors associated with them.

If you have questions or concerns, please let us know by calling **775-982-4798**, or contact the State of Nevada Health Facilities Complaint Line at **800-225-3414**. You can also reach us by mail at 1155 Mill St., Mailstop J11, Reno, NV 89502 or the State Health Division at 727 Fairview Dr., Suite E, Carson City, NV 89701.

Protecting Yourself and the Ones You Love

Now Is the Time! Hand Hygiene is the No. 1 way to prevent the spread of infections

Why? You can take action by practicing hand hygiene regularly and by asking those around you to practice it as well.

When? You and your loved ones should clean your hands very often, especially after touching objects or surfaces in the hospital room, before eating, and after using the restroom. Your healthcare provider should practice hand hygiene every time they enter your room.

How? It only takes 15 seconds of using either soap and water or an alcohol-based hand rub to kill the germs that cause infections.

Which? Use soap and water whenever it's available; otherwise, you can use an alcohol-based hand rub.

Who? You, your loved ones and your healthcare provider should practice hand hygiene.

For More Information, Visit:

cdc.gov/HandHygiene

cdc.gov/HAI/state-based/index.html

renown.org/about-us/quality