

General Guidelines for the Prevention of Infections

The Infection Control and Prevention Program (ICPP) at AUBMC strives continuously towards preventing the spread of infectious diseases. Germs that cause contagious diseases can be transmitted from one patient to another or from a patient or visitor to hospital staff, and vice versa.

The aim of the guidelines below is to prevent the transmission of these diseases during the patient's or visitor's stay at the hospital.

Guidelines to visitors (please check with the nurses before entering the room)

- **Prevention from the common cold:**

To prevent others from catching the common cold, an infected person should cover the nose and mouth with a handkerchief when sneezing or coughing. It is advisable that the infected person avoids visiting the patient.



- **Isolation rooms:**

Please follow the instructions posted at the isolation room door. Abiding by these preventive measures is important to ensure patient safety.

Guidelines to patients

- **Personal hygiene:**

It is important to clean hands frequently, especially after using the toilets and before eating.

- **Suggestions for the prevention of surgical wound infections:**

Maintain hygiene and take a bath before surgery.

Keep your body warm before and after surgery.

Request a blanket if you feel cold.

Avoid using shaving tools before surgery except after the doctor's approval.

Preventing the spread of germs is very essential. If you have any questions, please consult with the nurse or doctor. For more information or for specific questions, you can also contact the Infection Control and Prevention Program (ICPP), ext 6700.

Using hand sanitizer:

- Use a small amount of sanitizer.
- Rub hands thoroughly for 15 seconds. Make sure to cover all parts of hands, fingers, and fingernails.



Using soap and water:

- Wash hands to the wrists with water.
- Use soap and rub firmly for 30 seconds.
- Rinse hands thoroughly from soap.
- Dry hands well with a clean paper towel.
- Close the water faucet with the paper towel.

