



Indiana Patient Safety Center

of the Indiana Hospital Association

United Against the Flu

is a collaborative effort by several national health care organizations and the Centers for Disease Control and Prevention (CDC) to amplify the importance of getting vaccinated, especially this flu season.

- Did you know that approximately 970,000 Americans were hospitalized due to the flu in 2014, and more than 40 million were affected by flu-related illnesses, according to the CDC?
- In addition to symptoms including sore throat, aches and fever, the flu can lead to serious health complications, such as pneumonia.
- One of the most important steps you can take to avoid serious, flu-related illnesses is to be vaccinated.
- The CDC recommends that anyone six months of age and older get vaccinated, particularly people who are at a high risk for flu complications. This includes people 65 years and older, young children and people with chronic conditions, such as asthma or heart disease. Individuals who care for or live with these high-risk populations should also get vaccinated.



Hand-washing Facts

Here are some hand hygiene tips to practice:

- 1.** Frequent and thorough hand-washing is one of the best and easiest ways to avoid getting sick and catching the flu.
- 2.** You should wash your hands with soap and water for at least 20 seconds. Sing the "Happy Birthday" song twice, and you're good to go!
- 3.** Good hand-washing technique:
 - wet your hands with running water
 - apply soap and lather well
 - scrub your hands vigorously
 - cover all of your hand area including fingers, wrists, fingernails and back of the hand
- 4.** Wash your hands:
 - before eating
 - while preparing food
 - after using the restroom
 - after coughing, sneezing or caring for someone who is ill
 - after taking out the garbage
 - after petting animals
 - when you're putting your contacts in or taking them out
 - before taking care of a cut for yourself or another
- 5.** If soap and water are unavailable, use an alcohol-based hand rub containing at least 60 percent alcohol. A dime- to quarter-sized amount is recommended. Rub it into your hands until they are fully covered.