

# The Top 10 Ways to *Clean It Up*

***You*** can prevent the spread of Antibiotic Resistant Organisms (ARO) by

10. keeping cuts or sores clean
9. following all directions given to you by your Healthcare Professional if you have an infection
8. using antibiotics ONLY when they are given to you by your Healthcare Professional and making sure you finish the medication even if you feel better
7. NOT sharing prescription antibiotics with others
6. remembering – not all infections need to be treated with antibiotics
5. making sure shared sports equipment is cleaned and dried between use
4. taking care of your health – AROs rarely infect healthy people
3. keeping frequently touched surfaces and equipment clean
2. learning more by talking to your local Infection Control Professional - they are experts in infection prevention and control

**AND THE #1 WAY TO STOP THE SPREAD OF AROs IS...**

**1. CLEANING IT UP!**  
clean your hands often to protect your own health and the health of those around you!



***Clean It Up!***



A message brought to you by the Community and Hospital Infection Control Association (CHICA) Manitoba Chapter



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