



CLEAN IT UP: You can prevent the spread of Antibiotic Resistant Organisms

You play an important role in ensuring the safety
and quality of your own health care!

- Here are some actions you can take:**
- 👉 Clean your hands with soap and water or waterless hand rub often
 - 👉 If you have an infection, keep yourself and your house clean
 - 👉 Use antibiotics wisely; not all infections need medicine, ask your health care professional about the proper use of antibiotics
 - 👉 If you do have to take antibiotics make sure you finish all the pills, do not share antibiotics with others.

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A message brought to you by the
Community and Hospital Infection Control Association (CHICA)
Manitoba Chapter
and the Manitoba Institute for Patient Safety (MIPS).

Infection Prevention & Control
IS
Patient Safety

You can clean it up and make health care safer!

