When visiting a loved one in the hospital, do the WAVE to help guard against infection.

For a complete fact sheet with even more ways you can "Do the WAVE" and fight healthcare-associated infections, visit: *www.healthcare.gov/partnershipforpatients.*

just remember: do the WAVE

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

DO the WAVE

Help protect your loved ones from healthcare-associated infections.

ASK QUESTIONS

VACCINATE

ENSURE SAFETY

- Wash your hands with soap and water or use hand sanitizer when visiting a friend or loved one—especially if you must touch medical equipment.
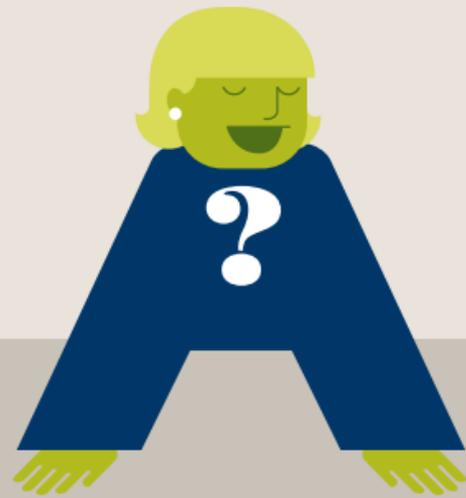
- Take an active role in your loved one's care by asking questions—especially if surgery is performed or a medical device is used.
- Speak up if anything concerns you or you don't understand the answers you receive.

- Vaccinate against the flu each year, unless otherwise directed by your doctor or healthcare provider.
- Ask friends and family members who are sick not to visit the hospital.

- Do not touch medical equipment unless absolutely necessary.
- Work with healthcare providers to make sure catheters and other medical devices are clean and removed as soon as they are no longer needed.

People can get infections in hospitals and other healthcare settings while being treated for another condition, since medical procedures can expose patients to certain germs.

As a family member or friend who assists in patient care, you are a "caregiver" and, therefore, a member of the healthcare team. Caregivers have an important role in preventing healthcare-associated infections.

The good news is, it's easy for you to help prevent these infections. Just remember: Do the WAVE.