



**ASPEN VALLEY
PRIMARY CARE**
ASPEN VALLEY HOSPITAL

MAKE INFECTION PREVENTION A PART OF YOUR FAMILY FUN

Doctors, nurses and other healthcare professionals are pros at infection prevention. They all follow a set routine to meet each new patient germ-free. When you make these 5 simple steps a habit, you can feel good that you are taking care of yourself, your neighbors and everyone who makes up your community.

HEAD BACK TO SCHOOL, OR OUT IN THE WORLD WITH CONFIDENCE!

1. Hand Hygiene

Handwashing with soap and water is the very best way to kill viruses and bacteria on your hands. When you wash your hands for a minimum of 20 seconds the soap lifts and breaks up the virus from your skin and the water washes it off. Be sure and thoroughly dry your hands.

2. Wear Your Mask

Wear your mask when you go out in public. Make sure your mask covers your nose, because the Corona virus and other viruses like the mucous in your nose.

3. Physical Distancing

Stay at least 6 feet apart from people who are not part of your household. Get familiar with what 6 feet look like. Parents, get out the tape measure and make this a fun family game.

4. Stay at Home When You Are Sick

If you feel sick, stay at home and monitor your symptoms.

5. Get Tested Right Away

Ask your primary care doctor to send an order for a COVID-19 test to Aspen Valley Hospital. If you are visiting or do not have a primary care physician, call Aspen Valley Primary Care to be referred for an appointment.

WEARING YOUR MASK PROPERLY KEEPS GERMS OUT OF YOUR NOSE AND MOUTH!



1. Hold the mask by the loops.



2. Cover your nose, mouth and chin.

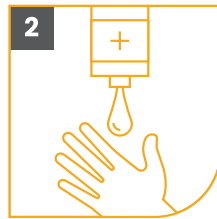


3. Form the mask over and around your nose.

HEALTHY HABITS FOR HAPPY HANDS

Create your own handwashing song by writing the lyrics of your favorite song in the lines below!





Soap your hands for at least 20 seconds



















For every 10 times that you use hand sanitizer, stop and wash your hands!

When you don't have access to soap and water use a generous amount of hand sanitizer. Rub it in to your skin and nails for at least 20 seconds or until it is dry. Do not rinse or wipe it off.



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