

# Help Prevent the Spread of Infections

Our goal is to keep our patients and our community safe and healthy.

## Here is how you can help prevent the spread of infections:



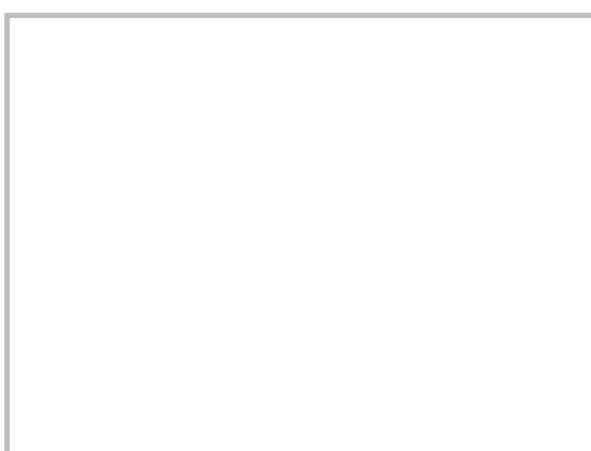
- ✓ Clean your hands often with soap and water or use an alcohol containing sanitizer.



- ✓ Cover your nose and mouth when you cough or sneeze.



- ✓ You may be asked to wear a mask to help protect others.



- ✓ Let your healthcare worker know if you have traveled outside the United States within the past 30 days.

If you have questions about infection risks, contact the Utah Healthcare Associated Infections Program at 801-538-6191.