



# Infection: Don't Pass It On

A VA Campaign for Public Health

**HEALTH ALERT:**  
Coughing spreads germs. Protect yourself and others.

- Cover your coughs
- Ask about a face mask
- Clean hands often

**ALERTA DE SALUD:**  
Al toser se transmiten microbios. Protégase Ud. y a los demás.

- Tápese la boca al toser
- Pida si debes usar una máscara facial
- Lávese las manos con frecuencia

Department of Veterans Affairs

**Vaccination Time**

Influenza season is here

Get your influenza vaccination  
Vaccinate your patients  
Protect your community

www.publichealth.va.gov/infectionControl.asp  
Department of Veterans Affairs  
Flu 11 - Clinical

**BREAK THE GERM CYCLE**

Stop the spread of germs from patients, staff, family, and others....Clean your hands!

www.publichealth.va.gov/infectionControl.asp  
Department of Veterans Affairs

**Pandemic Flu**

Department of Veterans Affairs

**Guía sobre el Cuidado de la Gripe en el Hogar**

Department of Veterans Affairs



# Infection: Don't Pass It On

## A VA Campaign for Public Health

OCTOBER 2008

**Infection: Don't Pass It On (IDPIO)** is an ongoing public health campaign to involve VA staff, veterans, their families and visitors in preventing the transmission of infection. The campaign develops and distributes education and communication resources for the VA community that promote:

- hand hygiene and respiratory etiquette,
- annual seasonal influenza vaccination,
- correct and appropriate use of personal protective equipment,
- pandemic influenza preparedness and response, and
- basic public health measures to prevent transmission of infection.

The resources in this catalog are targeted toward several types of audiences and are designed to be utilized throughout the VA health care system. Hang posters in staff areas, clinic waiting areas or restrooms. Staff can wear buttons to communicate messages about hand hygiene or seasonal influenza vaccination. Use stickers to support those who got their flu shot. Use and share these resources to help prevent the spread of infection.

### How to order IDPIO resource materials

1. Go to the VA Learning Management System (LMS) at [www.lms.va.gov](http://www.lms.va.gov).
2. Log into LMS.
3. Search CATALOG by typing in "IDPIO" in the search catalog field at the top of page.
4. Select IDPIO: Infection Don't Pass It On from the search results. Order form document.
5. Scroll down to RELATED DOCUMENTS and click to expand.
6. Select IDPIO: Infection Don't Pass It On & Flu Resources Documents. This document displays all printed posters, brochures and other IDPIO educational resources available for order. Note the product titles and EES order numbers for each. You may wish to print this document as you'll need all this information to complete your order.
7. Return to RELATED DOCUMENTS by minimizing the resources list.
8. Select the ORDER THIS PRODUCT button to place an order.
9. Fill in all of the required IDPIO Order Form information found in the body of the Outlook e-mail message. This information will be transmitted directly to the EES Distribution team via Outlook email for processing. List all product titles, order numbers and quantities separately for each product you order.
10. After the form has been completely filled, complete your product order by clicking on the SEND BUTTON

**Note:** The EES Distribution team will not deliver to home addresses. The request must come from a VA e-mail address to be received and processed. Orders are shipped within 3-5 business days unless otherwise specified in the special instructions.

#### Intranet sites

[vaww.vhaco.va.gov/phshcg/InfectionDontPassItOn/](http://vaww.vhaco.va.gov/phshcg/InfectionDontPassItOn/)  
[vaww.vhaco.va.gov/phshcg/Flu/](http://vaww.vhaco.va.gov/phshcg/Flu/)

#### Internet sites

[www.publichealth.va.gov/InfectionDontPassItOn/](http://www.publichealth.va.gov/InfectionDontPassItOn/)  
[www.publichealth.va.gov/Flu/](http://www.publichealth.va.gov/Flu/)



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EQUIPMENT (PPE)**

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To order FREE print copies of these resources, follow the instructions on this page and visit [www.lms.va.gov](http://www.lms.va.gov). For questions, email [publichealth@va.gov](mailto:publichealth@va.gov).

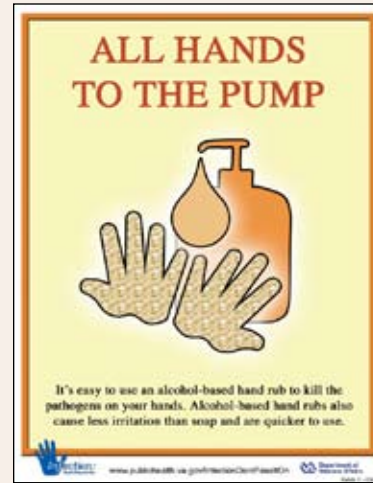




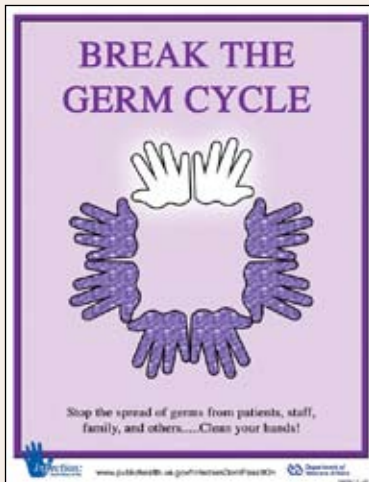
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F60627



**HANDS 8**  
F60626



**HANDS 11**  
F60625



**HANDS 12**  
F60624



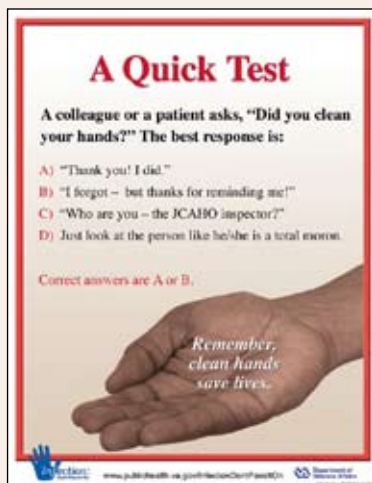
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F60623



**HANDS 19**  
F60622



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F60621



**HANDS 27**  
F60620



**HANDS 29**  
F60619





**HANDS 30**  
F60618



**HANDS 32**  
F60617



**RESTROOM 1**  
F60604



**RESTROOM 2**  
F60603



**RESTROOM 4**  
F60602



**HANDS 37**  
F60616  
F60687 (24 x 31 inch size)

**BROCHURE**



**GEN AUD 7**  
F60754



**WASH 1**  
F60608



**WASH 6**  
F60607



**WASH 9**  
F60606



**WASH 10**  
F60605



**WASH 11**  
F60691



**PREVENT 14**  
F60609



**PREVENT 16**  
F60689

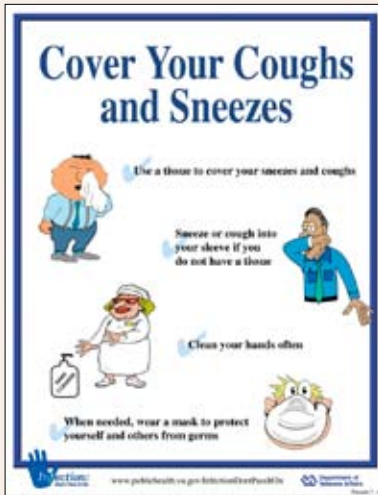


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F60601



**RESIDENT 3**  
F60600





**PREVENT 7**  
F60546



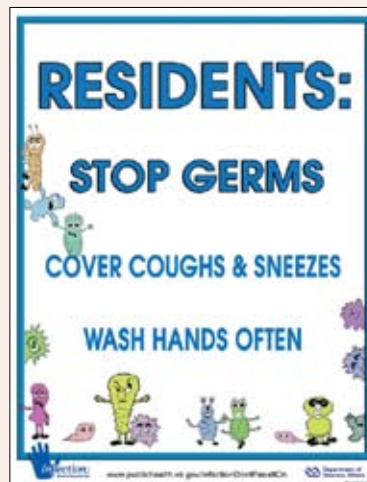
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F60611



**PREVENT 14**  
F60609



**PREVENT 16**  
F60689



**RESIDENT 3**  
F60600



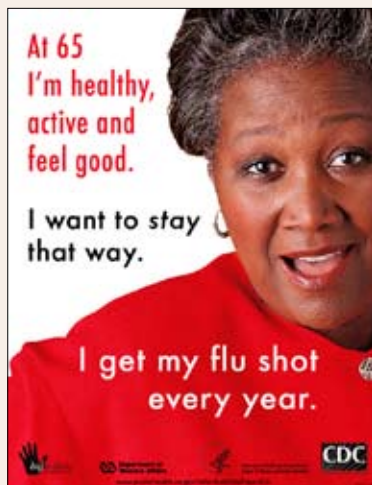
**RESPIRATORY 1**  
F60612



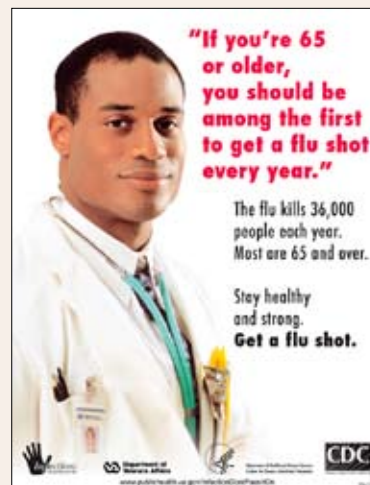
**PREVENT 13**  
F60610



FLU 1  
F60535



FLU 2  
F60536



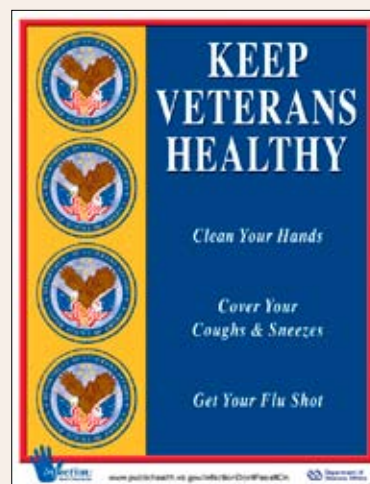
FLU 3  
F60537



FLU 4  
F60538  
F60547 (24 x 31 inch size)



FLU 5  
F60539



FLU 6  
F60540



FLU 7  
F60541



FLU 8  
F60542



FLU 9  
F60615



**Infection Control Management of Patients with Suspected or Confirmed Influenza**

*Suspected influenza: Patient has signs and symptoms suggestive of influenza, such as fever (≥ 100°F) and cough, muscle aches, headache, or sore throat*

*Confirmed influenza: When either a rapid influenza test or viral culture is positive for influenza A or B*

**Outpatients:**

- Post signs reminding everyone to practice hand hygiene and respiratory etiquette.
- Provide alcohol-based hand rubs in all outpatient waiting rooms.
- Offer a mask and tissues to patients with cough.
- Segregate patients with cough and/or fever in an area of the waiting room away from other patients.

**Inpatients:**

- Place patients in a private room. If a private room is not available, contact your facility's Infection Control Professionals.
- Post a Droplet Precautions sign outside the door.
- Follow Droplet Precautions (in addition to Standard Precautions):
  - Wear a mask upon entering the room.
  - Remove your mask when leaving the patient's room and dispose of your mask in a regular waste container.
  - Have the patient wear a mask when being transported.

**Decontaminate hands before and after contact with patients, and wear eye/face protection if performing cough-splashing procedures.**

*Suggested use: Post in clinical staff areas or sites as signs. Do not post in patient rooms.*

FLU 10  
F60614

**We're All in This Together**

*Stop flu from spreading!*

**Cover your cough or sneeze**  
**Clean your hands**

FLU 11  
F60613

**Vaccination Time**

**Influenza season is here**

Get your influenza vaccination  
Vaccinate your patients  
Protect your community

FLU 12  
F60544

**Seasonal Flu vs. Pandemic Flu**  
*Know the Difference*

**Seasonal Flu**

- Predictable season with regular occurrence in winter
- Symptoms are mild to moderate and last for a few days to weeks. There is no serious danger or health care issues.
- Most people get over it with rest and hydration. In most cases, it does not even spread to others.
- Health care systems don't get involved. There is no need for special care or special health care facilities.
- It resolves itself in a matter of days to weeks and people return to their normal lives.
- It is not a threat to people in long-term care facilities or nursing homes. It is not a threat to other areas of the community.
- Getting a flu shot in the season with your children may be considered a best practice.

**How you can slow the spread of germs**

Stay home when sick. Cover your coughs and sneezes. Clean your hands.

**Pandemic Flu**

- Unpredictable
- Symptoms are severe, may last for weeks and may get worse over time.
- It may spread to people in long-term care facilities or nursing homes and spread to other areas of the community.
- Health care systems may be overwhelmed.
- It may be a threat to people in long-term care facilities or nursing homes.
- It may be a threat to other areas of the community.

FLU 13  
F60690

**Cold vs. Flu**  
*Know the Difference*

Symptoms	Cold	Flu
Fever	No	Often (usually 100°F or higher for 3-5 days)
Sore throat	Often	Uncommon
Nasal congestion and discharge	Common (usually clear)	Common (usually green or yellow)
Headache	Uncommon	Common
Body aches and pain	Uncommon	Common
Coughing	Common (usually mild)	Common (usually severe)
Chills	Uncommon	Common
Loss of appetite	Uncommon	Common
Shortness of breath	Uncommon	Common
Complications	Uncommon	Common
Duration	7-10 days	1-2 weeks
Prevention	Hand hygiene, avoid contact with sick people	Hand hygiene, avoid contact with sick people, flu shot

**How you can help prevent the spread of colds or flu**

- **KEEP YOUR HANDS CLEAN** - Wash with soap and water in a hand-washing station.
- **COUGH AND SNEEZE INTO YOUR ELBOW** - Use your elbow to cover your mouth and nose.
- **KEEP SURFACES CLEAN** - Wipe down surfaces that are touched frequently.
- **KEEP YOUR DISTANCE** - Avoid close contact with sick people.
- **GET YOUR FLU SHOT** - Getting a flu shot in the season with your children may be considered a best practice.

FLU 14  
F60692

**Will you be PREGNANT this flu season?**

Doctors recommend that you get a **FLU SHOT**.

Being pregnant increases your risk of getting very sick from the flu. Stay healthy during your pregnancy. Get vaccinated.

STUDIES SHOW THAT THE FLU SHOT IS SAFE FOR PREGNANT WOMEN.

FLU 15  
F60725

**"If you have a chronic health condition, you should be among the first to get a flu shot every year."**

On average, the flu kills 36,000 people each year in the U.S.

Chronic health conditions include asthma, kidney disease, diabetes, heart disease, lung disease, chronic bronchitis, a weakened immune system, and HIV.

**Stay healthy and strong. Get a flu shot.**

FLU 16  
F60728

**STAYING HEALTHY is important to me.**

**I got a FLU SHOT to protect myself and the ones I love.**

FLU 17  
F60727

**I'll protect my baby.**

**I'LL GET A FLU VACCINE.**

There's a good reason. If you live with or care for people at high risk for severe complications from influenza, get yourself and your community protected. It's the best way to protect yourself, your family, and your community. Stay healthy during your pregnancy. Get vaccinated.

FLU 19  
F60723





FLU 21  
F60726



FLU 22  
F60724

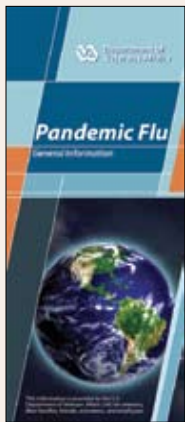


PREVENT 17  
F60693

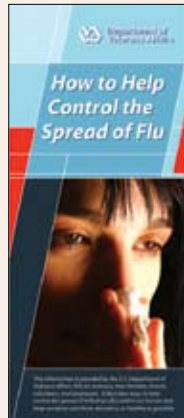


PREVENT 18  
F60694

INFLUENZA BROCHURES (10 PER PACK)



GEN AUD 1  
F60643



GEN AUD 3  
F60640



GEN AUD 4  
F60642



GEN AUD 5  
F60679



GEN AUD 6  
F60678



GEN AUD 2  
F60641

BUTTONS & STICKERS



BUTTON 1  
(10 PER PACK)  
F60681



STICKER 1  
(100 PER ROLL)  
F60550



BUTTON 2  
(10 PER PACK)  
F60682



STICKER 2  
(100 PER ROLL)  
F60680

### AIRBORNE INFECTION ISOLATION & CONTACT PRECAUTIONS

Visitors **MUST** report to nursing station before entering

TO ENTER YOU MUST WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE):

- Gloves
- Approved respirator (N-95 or higher)
- Face shield or goggles

Goggles required for aerosol-generating procedures such as:

- Sputum induction
- Resuscitation
- Artery cannulation
- Tracheostomy care
- Intubation
- Aspirated or induced sputum administration
- Endotracheal suctioning
- High-frequency oscillatory ventilation

Mask cover (if recommended or required)

Gloves

**CLEAN YOUR HANDS:**

- Before putting on PPE
- After removing PPE
- Before leaving the room

**PPE 1**  
F60599

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

For Infectious Diseases Requiring Airborne Infection Isolation & Contact Precautions

**PROCEDURE FOR DONNING PPE:**

- Decontaminate hands with an alcohol-based hand rub or wash with antimicrobial soap/water
- Put on gown
- Put on approved respirator (N-95 or higher)
- Put on a face shield or goggles (wear goggles for aerosol-generating procedures)
- Put on hair cover (if recommended or required)
- Put on gloves

**PROCEDURE FOR REMOVING PPE:**

Avoid contaminating your hands while removing PPE. If hands do become contaminated during the procedure at any time, DECONTAMINATE immediately with alcohol-based hand rub or antimicrobial soap. Never touch face gear without first decontaminating hands or re-gloving with a clean pair of gloves. Use biohazardous trash container for used PPE.

- Remove gloves:** Peel off one glove by turning inside out. Place fingers inside cuff of other glove and pull off, inside out.
- Remove gown:** Be careful not to touch the front, contaminated area. Untie all strings at back of gown, slide hands under inside back edges at the neck and pull off turning inside out and rolling gown as it is removed. Discard in appropriate receptacle.
- Decontaminate hands:** Use an alcohol based hand rub or antimicrobial soap.
- Put on clean pair of gloves**
- Remove face shield and/or goggles:** Avoid touching front and contact with eyes.
- Remove head cover:** Remove by inserting fingers under elastic to lift off head.
- Remove respirator:** Remove by straps. Avoid touching front and contact with eyes.
- Remove gloves and decontaminate hands**

Facility Contact: \_\_\_\_\_

**PPE 2**  
F60598

### AIRBORNE INFECTION ISOLATION & CONTACT PRECAUTIONS

Visitors **MUST** report to nursing station before entering

TO ENTER YOU MUST WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE):

- Gloves
- Approved respirator (N-95 or higher)
- Face shield or goggles

Goggles required for aerosol-generating procedures such as:

- Aspirated or induced sputum administration
- Respiratory pressure ventilation via face mask (e.g., Nebulizer, CPAP)
- Sputum induction
- Resuscitation
- Artery cannulation
- Tracheostomy care
- Intubation
- High frequency oscillatory ventilation

Mask cover (if recommended or required)

Gloves

**CLEAN YOUR HANDS:**

- Before putting on PPE
- After removing PPE
- Before leaving the room

**PPE 3**  
F60597

### When you care for a patient with suspected or confirmed INFLUENZA, remember to:

- Place patient in a private room. If a private room is not available, contact your facility's Infection Control Professional.
- Wear a mask upon entering a patient's room. Remove your mask when leaving the patient's room and dispose of your mask in a regular waste container.
- Have the patient wear a mask when being transported.

**Decontaminate hands before and after contact with patients, and wear eye/face protection if performing cough-inducing procedures.**

Designated area. Post in clinical staff areas or use as a PPE. Do not post in patient rooms.

**FLU 9**  
F60615

### Infection Control Management of Patients with Suspected or Confirmed Influenza

**Suspected influenza:** Patient has signs and symptoms suggestive of influenza, such as fever (≥ 100°F) and cough, muscle aches, headache, or sore throat

**Confirmed influenza:** When either a rapid influenza test or viral culture is positive for influenza A or B

**Outpatients:**

- Post signs reminding everyone to practice hand hygiene and respiratory etiquette.
- Provide alcohol-based hand rubs in all outpatient waiting rooms.
- Offer a mask and tissues to patients with coughs.
- Segregate patients with cough and/or fever in an area of the waiting room away from other patients.

**Inpatients:**

- Place patient in a private room. If a private room is not available, contact your facility's Infection Control Professional.
- Post a Droplet Precautions sign outside the door.
- Follow Droplet Precautions (in addition to Standard Precautions):
  - Wear a mask upon entering the room.
  - Remove your mask when leaving the patient's room and dispose of your mask in a regular waste container.
  - Have the patient wear a mask when being transported.

**Decontaminate hands before and after contact with patients, and wear eye/face protection if performing cough-inducing procedures.**

Designated area. Post in clinical staff areas or use as a PPE. Do not post in patient rooms.

**FLU 10**  
F60614

### INFECCIÓN AMBIENTAL PRECAUCIONES DE AISLAMIENTO Y CONTACTO

Los visitantes **DEBEN** reportarse a la estación de enfermería antes de entrar

PARA ENTRAR DEBE USAR EQUIPO PROTECTIVO PERSONAL (EPP):

- Bata
- Mascarilla aprobada (N-95 o superior)
- Antorcha

Goggles required for aerosol-generating procedures such as:

- Sputum induction
- Resuscitation
- Artery cannulation
- Tracheostomy care
- Intubation
- Aspirated or induced sputum administration
- Endotracheal suctioning
- High-frequency oscillatory ventilation

Mask cover (if recommended or required)

Gloves

**LAVE SUS MANOS:**

- Antes de ponerse el EPP
- Después de quitarse el EPP
- Antes de salir de la habitación

**PPE 1SP**  
F60591

### INFECCIÓN AMBIENTAL PRECAUCIONES DE AISLAMIENTO Y CONTACTO

Los visitantes **DEBEN** reportarse a la estación de enfermería antes de entrar

PARA ENTRAR DEBE USAR EQUIPO PROTECTIVO PERSONAL (EPP):

- Bata
- Mascarilla aprobada (N-95 o superior)
- Antorcha

Goggles required for aerosol-generating procedures such as:

- Sputum induction
- Resuscitation
- Artery cannulation
- Tracheostomy care
- Intubation
- Aspirated or induced sputum administration
- Endotracheal suctioning
- High-frequency oscillatory ventilation

Mask cover (if recommended or required)

Gloves

**LAVE SUS MANOS:**

- Antes de ponerse el EPP
- Después de quitarse el EPP
- Antes de salir de la habitación

**PPE 3SP**  
F60590



**“Sí tiene una condición de salud crónica, usted debe ser uno de los primeros en recibir la vacuna contra la gripe cada año”.**

Un promedio de 36.000 personas mueren al año por causa de la gripe en los Estados Unidos.

Condiciones de salud crónica incluyen asma, enfermedad del riñón, diabetes, enfermedad del corazón, enfermedad del pulmón, bronquitis crónica, sistema inmunológico debilitado, y HIV/SIDA.

Manténgase fuerte y saludable.  
**¡Vacítese contra la gripe!**

Para obtener más información, consulte a un profesional de la salud o llame al 800-CDC-INFO (800-232-4636).  
Página de Internet [www.cdc.gov/flu](http://www.cdc.gov/flu)

**FLU 16SP**  
F60732

**Mi doctor dijo que debía vacunarme contra la gripe para proteger mi salud y la de mi familia.**

Para obtener más información, consulte a un profesional de la salud o llame al 800-CDC-INFO (800-232-4636).  
Página de Internet [www.cdc.gov/flu](http://www.cdc.gov/flu)

**FLU 18SP**  
F60729

**Yo protegeré a mi bebé.**

**YO ME VACUNARÉ CONTRA LA INFLUENZA.**

Aunque sea una persona sana, si vive con o cuida de personas de alto riesgo de tener complicaciones debido a la influenza, usted debe vacunarse. Entre los grupos de alto riesgo se incluyen los bebés, las mujeres embarazadas, los niños y los adultos con condiciones médicas crónicas como el asma, diabetes, o enfermedad del corazón, y los adultos de 65 años de edad o más.

¡RECORDAR! EN LA MAYORÍA DE PAISES, LA GRIPE SE PREVIENE CON LA VACUNA. ¡VACÚNESE.

**FLU 19SP**  
F60731

**Yo protegeré a mi familia.**

**YO ME VACUNARÉ CONTRA LA INFLUENZA.**

Aunque sea una persona sana, si vive con o cuida de personas de alto riesgo de tener complicaciones debido a la influenza, usted debe vacunarse. Entre los grupos de alto riesgo se incluyen los bebés, las mujeres embarazadas, los niños y los adultos con condiciones médicas crónicas como el asma, diabetes, o enfermedad del corazón, y los adultos de 65 años de edad o más.

¡RECORDAR! EN LA MAYORÍA DE PAISES, LA GRIPE SE PREVIENE CON LA VACUNA. ¡VACÚNESE.

**FLU 20SP**  
F60730

**LÁVESE LAS MANOS**

- Lávese las manos a menudo con agua corriente a base de jabón. Frotase las manos frotando que la superficie, luego completamente.
- Use jabón antibacteriano y agua tibia cuando sea necesario.
- Empújese bien las manos, los dedos y los pulgares.
- Despejese las manos por completo.
- Seque las manos con toallas de papel o aire de secado eléctrico.

Utilice una toalla de papel para secar el pelo, no lo toque o llévelo a casa con las manos.

**HANDS 8SP**  
F60593

**Pacientes y Visitantes:**

**Siéntase en libertad de preguntarle al personal clínico si se ha lavado las manos.**

**HANDS 34SP**  
F60592

**INFECCIÓN AMBIENTAL PRECAUCIONES DE AISLAMIENTO Y CONTACTO**

**Los visitantes *DEBEN* reportarse a la estación de enfermería antes de entrar**

**PARA ENTRAR DEBE USAR EQUIPO PROTECTIVO PERSONAL (EPP):**

- **Bata**
- **Mascarilla apropiada (N-95 o superior)**
- **Anticorrosivos**

Las precauciones con aislamiento durante actividades generadas por aerosol (aire sucio):

- Evitar el estornudo
- Evitar el toser
- Evitar el hablar
- Evitar el comer, beber o fumar
- Evitar el contacto con superficies
- Evitar el contacto con personas
- Evitar el contacto con animales
- Evitar el contacto con superficies de alto contacto
- Evitar el contacto con superficies de alto contacto
- Evitar el contacto con superficies de alto contacto

• **Correa** (si es recomendable o requerida)

• **Guantes**

**LAVE SUS MANOS:**

- Antes de tocar el EPP
- Después de quitar el EPP
- Antes de salir de la habitación

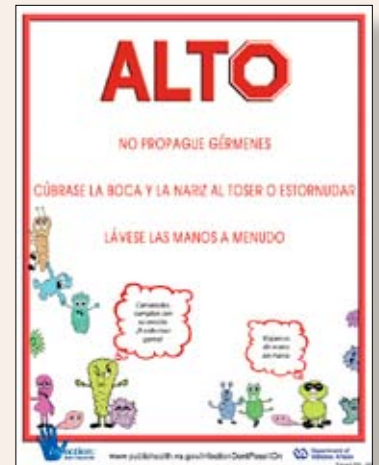
**PPE 1SP**  
F60591



**PPE 3SP**  
F60590



**PREVENT 6SP**  
F60596



**PREVENT 8SP**  
F60595



**PREVENT 11SP**  
F60594



**FLU 13SP**  
F60706



**FLU 14SP**  
F60698



**PREVENT 16SP**  
F60709



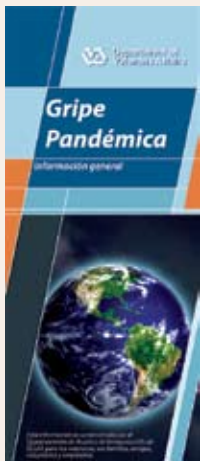
**GEN AUD 2SP**  
F60707





**2004 SPANISH POSTERS**  
10 different posters in one set  
F60405

**BROCHURES (10 PER PACK)**



**GEN AUD 1SP**  
F60683



**GEN AUD 3SP**  
F60684



**GEN AUD 4SP**  
F60685



**GEN AUD 5SP**  
F60686



**GEN AUD 6SP**  
F60703



***Infection: Don't Pass It On*** (IDPIO)

The IDPIO campaign is coordinated by the Public Health Strategic Health Care Group in collaboration with the programs and offices listed below.

**Office of Public Health & Environmental Hazards**

- Public Health Strategic Health Care Group
- Occupational Health, Safety, and Prevention Strategic Health Care Group

**Employee Education System**

**Office of Patient Care Services**

- VA Infection Control Professionals
- National Center for Health Promotion and Disease Prevention
- Infectious Diseases Program Office

**National Center for Patient Safety**



Public Health Strategic Health Care Group (13b)  
VA Central Office  
810 Vermont Ave., NW  
Washington, DC 20420  
202-461-7240  
[publichealth@va.gov](mailto:publichealth@va.gov)