

The Infection Control Top Ten:

You Might be an Infection Control Nurse If...

- 1** You have a "stash" at home of personal protective equipment at home, including N95 respirators.
- 2** Your husband thinks that Purell is "the scent of your perfume."
- 3** You avoid drinking from the communal cup at church.
- 4** You adhere to isolation precautions at home when someone is sick.
- 5** You keep the "flu tracker" on your computer to monitor the spread of influenza during flu season.
- 6** You cringe when a cashier sneezes, wipes his or her nose, and then hands you back your change.
- 7** You keep extra hand sanitizer in your purse, kids' backpacks, and the car...just in case.
- 8** You monitor your family's hand hygiene technique and give them feedback on improvement.

9 You "pass" on the doggie bag if you know you won't be home in 2 hours to refrigerate the food.

10 You "air dry" your hands if the public restroom only has linen roller towels for hand drying.

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—Mary McGoldrick, MS, RN, CRNI



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