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"The safety of the people is the highest law" -CICERO

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## Whose Afraid of the Big Bad Bug?

A Bug Gone Wild

MRSA is an infection that antibiotics can't control. It is a stubborn bug that lives for hours on hospital room surfaces and staff clothes. Some hospitals have a 30% infection rate.

## How to Beat the Bug

Here is what Dr. Betsy McCaughey, a patient advocate, advises when you are admitted to the hospital: www.hospitalinfection.org/ridbooklet.pdf.)

- 1. Speak-up Tell the aid or nurse to wash their hands before touching you.
- 2. Be nice Make the request in a kindly way such as: "I know you are busy, but I am really worried about germs, so would you please . . . "
- 3. Gloves ain't enough Even if a nurse dons a new pair of gloves in front of you, if he has not washed his hands, then he is contaminating the gloves.
- 4. Assume room is contaminated When you arrive in the hospital room, have a family member spray all surfaces with a detergent cleaner like Windex. Wait 3 minutes then wipe each surface with a different wipe.

William C. Faber, Jr