



INFECTION PREVENTION

A Guide for
Immunosuppressed
Patients and Their Families

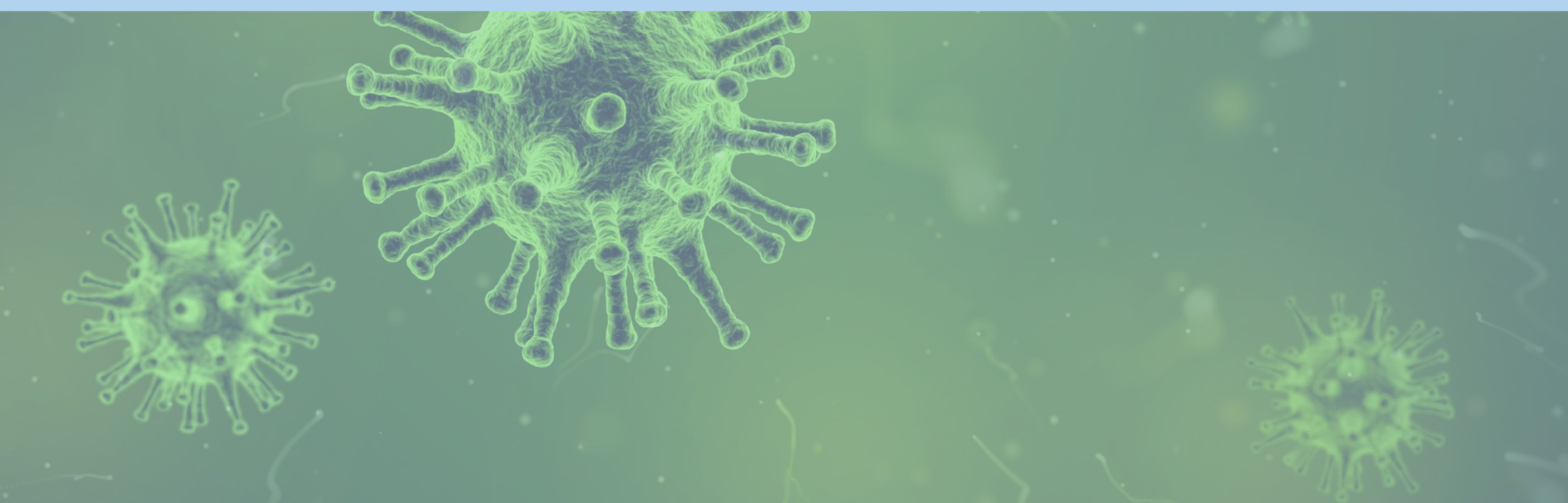


Transplant
UNWRAPPED

Purpose: Transplant
Unwrapped hopes to
educate immunosuppressed
patients and the general
public about the importance
of infection prevention and
steps to take to decrease
the risk of infection. This
material is by no means all-
inclusive; instead, it provides
a snapshot of the topic.
Further reading can be
found on our website or in
reputable medical journals.

Infection Post-Transplant

- Infection is a leading cause of readmission and significant morbidity post-transplant.
- Intestinal transplant patients must take high doses of anti-rejection medications that significantly weaken their immune systems, making them very susceptible to infections.
- Due to a weakened immune system, it is very easy for an intestinal transplant patient to get an infection.
- By following prevention recommendations, an individual can decrease the risk of infection.



Hand Washing

- Hand washing is the single most important thing you can do to help prevent infection.
- If you cannot wash your hands with soap and water, always have hand sanitizer with you.
- Be sure everyone in the household and any visitors are also washing their hands on a regular basis.
- Follow CDC guidelines on best practices for hand washing.
- You can view hand washing videos and more information [here](#).

How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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Forever and Always

Infection Prevention Tips

Many seem like common sense, but it important to remind yourself and those around you to take each point seriously and follow them judiciously.

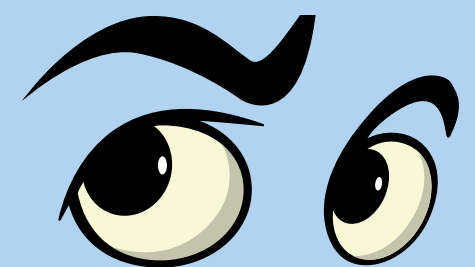


- Do not eat or drink after other people. This includes sharing food.

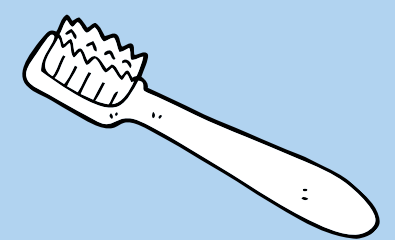


- Follow food safety and food preparation guidelines.

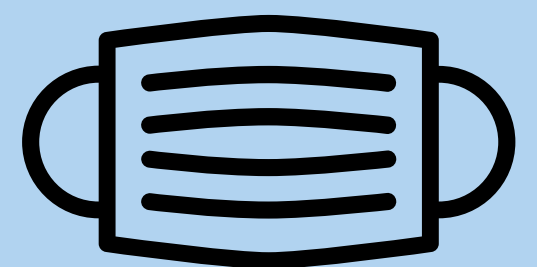
- Keep your hands away from your eyes, mouth, nose, and face.



- Do not share razors, make-up, toothbrushes, eating, or drinking utensils.

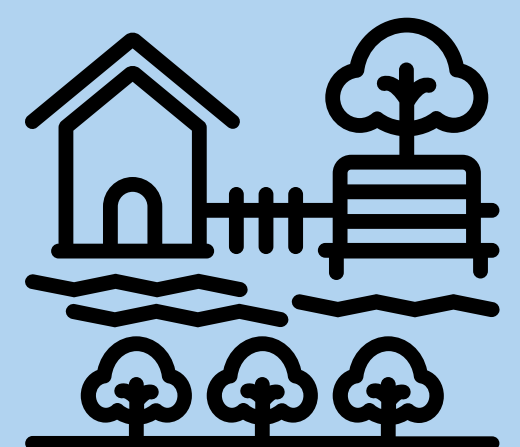


- Wear a face mask in public places to prevent the spread of virus's and germs, especially in this new era of COVID-19



- Always wear a face mask if you are in a construction zone or area with dust or dirt.

- Wear a face mask and gloves while gardening, although many transplant centers advise against gardening.



- Avoid large crowds, particularly the first 6 months post-transplant.

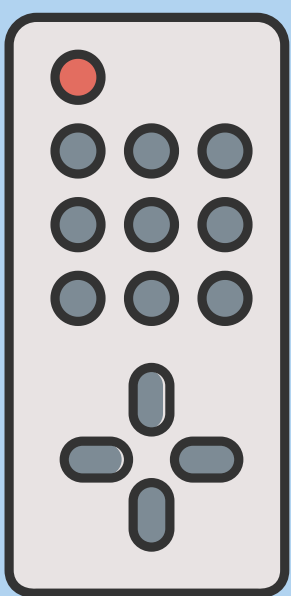


- If anyone at home is sick, stay away from them:
 - If you are in close proximity to a sick family member, make sure they cover their mouth when they cough or sneeze, and then be sure they wash their hands.



- If you share a bathroom, use separate hand towels and sanitize often.
- Do not share a bed with a spouse or partner who is sick.

- Frequently wipe down household surfaces with disinfectant wipes.



- Do not forget surfaces such as remotes, door handles, light switches, faucets, cellphones, and other frequently touched areas that might be overlooked.

Germes:
"The Future is in
Your Hands"

ANONYMOUS

- Keep immunizations up-to-date, including the annual flu shot.

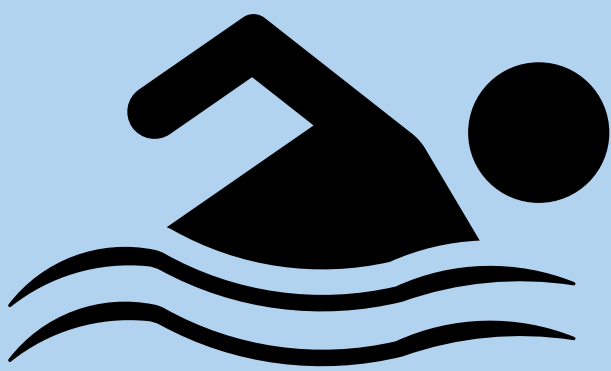


- You cannot receive the live nasal mist flu vaccine, only the inactivated shot form.



- Do not clean the litter box of any animal.

- If you decide to go swimming, do it in an ocean or a properly chlorinated pool.



- Do not swim in a lake or stagnant body of water that may have mold or fungus growing.



- If you are outside during peak bug season, use bug spray with DEET and wear long pants and sleeves to protect yourself from potentially dangerous bug bites.



Immunizations



What are they? An immunization or vaccine is a shot that is given to prevent future illnesses.

After the transplant, you are at a **higher risk of infection**. This means you should:

- Stay up-to-date on all recommended immunizations.
- Receive the flu shot annually.
- Wait at least 3-6 months post-transplant to receive any vaccinations or per your transplant team's recommendations.
- Do not receive live virus vaccinations.
- Keep a record of all immunizations.

To **protect you** from infection, all others in your household should:

- Receive the flu shot annually.
- Stay up-to-date on all vaccinations.
- Ask your transplant team about measures to take if a family member has received a live virus vaccine.





Rinse all fruit and vegetables under running water.

Refrigerate or freeze perishable foods within **2 hours** of buying, peeling, cutting, or cooking.

Throw away refrigerated leftovers after **3 days** or earlier if they appear or smell spoiled.

Drink **treated or filtered** water. Annually test water for any contaminants. Do not drink well water. **Avoid using ice cubes**, especially at restaurants as ice cube makers often harbor mold.

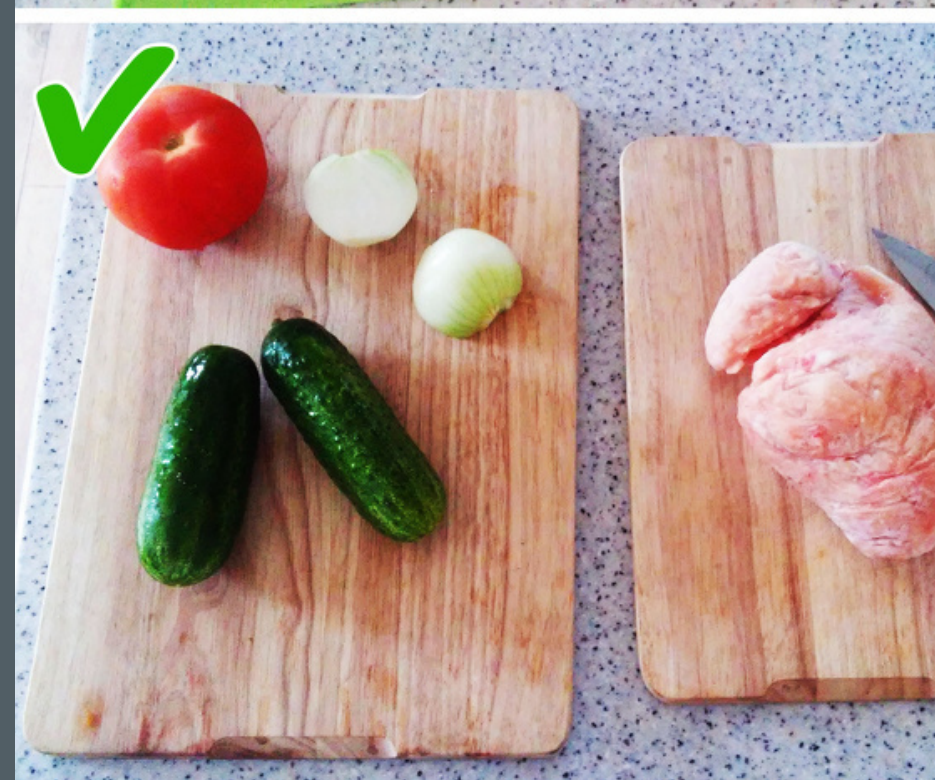


Use a food thermometer to cook the internal temperature of meat to at least **165 degrees F**.

The recommendation is to eat **hot food hot** and **cold food cold**. Do not consume food sitting out for long periods, such as at buffets or supermarket delis.

Avoid foods with **raw** or undercooked **eggs**, such as Caesar salad and Hollandaise sauce.

Separate cooked and raw foods. Use cleaned or **separate cutting boards** and knives for prep.



More Info? Contact or Visit us.



info@transplantunwrapped.org



www.transplantunwrapped.org



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Citations:

1. Kosmach-Park B, Dennison J, Hiller J. Maintaining a Healthy Lifestyle After Transplantation. Maintaining a Healthy Lifestyle After Transplantation.
2. Health Resources and Services Administration. Partnering With Your Transplant Team. Rockville, MD: Healthcare Systems Bureau; 2008.

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