

# PROTECT YOURSELF BEFORE YOU INFECT YOURSELF

## WHY IT MATTERS?

- “20% of healthcare workers infected with COVID-19 were students in training or residency programs” (Centers for Disease Control and Prevention [CDC], 2021).
- “60% of medical students reported anxiety due to lack of hands-on training” (Association of American Medical Colleges [AAMC], 2022).

## TOP 5 WAYS TO STAY PROTECTED

### ✓ Always Wear PPE Correctly

- MASK, GLOVES, EYE PROTECTION, AND GOWNS ARE YOUR SHIELD.

### ✓ Clean Hands = Safe Hands

- WASH HANDS FOR AT LEAST 20 SECONDS
- USE 60% ALCOHOL-BASED SANITIZER.

### ✓ Do NOT Touch Your Face!

- EYES, NOSE, AND MOUTH ARE ENTRY POINTS FOR INFECTION.

### ✓ Report Exposure Immediately

- DON'T WAIT—INFORM YOUR CLINICAL SUPERVISOR AND FILL OUT A REPORT.

### ✓ Keep Your Distance When Possible

- USE PHYSICAL DISTANCING WHEN NOT PROVIDING DIRECT CARE.
- BE MINDFUL IN BREAKROOMS AND ELEVATORS.



## YOUR HEALTH, OUR PRIORITY !

💡 “Hospitals that implemented simulation-based PPE training reduced infection rates among staff by up to 70%.” (Johns Hopkins Medicine, 2020)

💬 “Proper infection control training builds student confidence and reduces risk of transmission.” (AAMC, 2022)



SCAN ME

#### DATA SOURCES:

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