

Checklist

Infection Prevention at Home

A simple checklist for seniors and caregivers



Use this checklist to support daily routines. Follow the person's individual care plan.

01 Clean hands and shared spaces

- ☐ Keep soap and handwashing supplies easy to access.
- ☐ Clean hands at the moments that matter most.
- ☐ Regularly clean high-touch shared surfaces.
- ☐ Clean first, then disinfect when someone is sick, or the care plan calls for it.

02 Everyday care precautions

- ☐ Follow product labels and never mix cleaning chemicals.
- ☐ Practice respiratory hygiene and postpone visits when someone is ill.
- ☐ Follow individualized instructions for wounds and medical devices.
- ☐ Wash hands after handling soiled laundry.

03 Stay organized and connected

- ☐ Keep care supplies and instructions organized.
- ☐ Write down who to call during and after office hours.
- ☐ Ask questions when a care instruction is unclear.
- ☐ Call the care team when something changes instead of trying to diagnose an infection yourself.

Important Care Details

For a medical emergency, call 911.

General education only. This checklist does not replace medical advice or individualized infection-control instructions from the patient's clinician.



More educational resources: edenhealthidahofalls.com