

FOR IMMEDIATE RELEASE,  
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Prevent Deadly Hospital Infections With Tips from Multiple Award Winning Book, *Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive*.

With the new study on 48,000 deaths due to preventable hospital infections released by Archives of Internal Medicine on February 22, 2010, author and patient advocate Martine Ehrenclou, M.A., offers tips to stay healthy during a hospital stay. "There must be a collaborative effort between patients and the hospital medical staff to prevent hospital-acquired infectious diseases," said Ehrenclou, author of the multiple award winning healthcare book, *Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive*. "Patients and their loved ones must get involved in the medical care to monitor hospital cleanliness. It is now essential that we are all part of the solution to eradicating these preventable deadly diseases in the hospital."

A few strategies to help keep yourself healthy during a hospital stay. Ask a loved one to assist you with these tasks.

1. Before you are admitted to the hospital, call and ask about hospital infection rates.
2. Ask if the hospital prescreens all patients for MRSA.
3. Ask the primary physician if it would be appropriate for you to be given antibiotics to prevent infections.
4. Ask everyone who comes in contact with you to wash their hands and put on fresh disposable gloves.
5. Create a hand-written sign and place it on the wall above your hospital bed that everyone washes their hands before touching you.
6. Ask your physician to swap the stethoscope with an alcohol wipe before touching you.
7. Ask for a private room if this is feasible for you. This cuts in half your exposure to infection from a roommate's physicians, nurses and visitors.
8. Avoid touching meal tray tables and bedrails unless they have been freshly cleaned.

*Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive* (Lemon Grove Press) has won 14 book awards. The goal of it's

author is to empower patients and their families to stay safe and healthy during a hospital stay.

For more information how to prevent hospital-acquired infectious diseases, go to [www.criticalconditions.com](http://www.criticalconditions.com)