

Infection Control



River Oak
Center for Children

Hand Hygiene

- Wet hands with warm water.
- Wash with soap and water for at least 20 seconds. Work up a lather and make sure to clean areas between your fingers, around rings, and under your fingernails.
- Rinse hands thoroughly.
- Dry your hands with paper towels by patting and not rubbing.
- Use the paper towel to turn off water faucets so you do not contaminate your hands.

Minimize Flu Exposure

- Avoid close contact with people who are sick.
- When you are sick or have flu-like symptoms, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often is a **MUST!**
- Germs are often spread when a person touches something contaminated with germs and then touches their eyes, nose or mouth.

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*In collaboration with Sacramento County Department of Health and Human Services
Division of Behavioral Health Services.*

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approved Proposition 63, Mental Health Services Act (MHSA).*

*River Oak Center for Children complies with applicable Federal civil rights laws and
does not discriminate on the basis of race, color, national origin, age, disability, or sex.*

Spreading Viruses

Colds and the flu are usually spread by coughs and sneezes. When you cough or sneeze you spread droplets of the viruses from your respiratory tract. These viruses can spread person to person by coughing or sneezing in someone's face. They can also be spread by environment to person—such as sneezing into your hand and then touching a doorknob. When someone else touches the doorknob and then touches their mouth, they may be the next person to get sick. When coughing or sneezing, cover your mouth using your arm or a tissue and throw your used tissue away. If someone in the household is ill with a cold or flu, clean 'high touch' areas—doorknobs, phone, keyboards, and refrigerator door handle with a household disinfectant more frequently.

Vaccines. Consult with your physician about the appropriate vaccines for you and your family. An annual influenza (flu) vaccine may be recommended for everyone in your household.

Where to Find Us

River Oak North

5445 Laurel Hills Drive
Sacramento, CA 95841
P: (916) 609-5100

Family Resource Center

4625 44th St., Room 36
Sacramento, CA 95820
P: (916) 244-5800

River Oak South

9412 Big Horn Blvd., Suite 6
Elk Grove, CA 95758
P: (916) 609-5100

SACRAMENTO
COUNTY

www.RiverOak.org

