

The Patient Channel Presents – You The Smart Patient: Bathroom Like a Bus Station

Dr. Michael F. Roizen, MD,
Co-author, “You The Smart Patient”:

“Do you scare easily? Do you believe in spirits or the supernatural? Did you know your hospital room may be haunted? Not by ghosts, but by another invisible threat, **germs.**”

Dr. Michael F. Roizen, MD,
Co-author, “You The Smart Patient”:

“Although healthcare workers take extreme measures to protect you from these germs, their efforts can be hindered.

To help protect yourself, wash your hands! And don’t be afraid to ask others who come in contact with you to do the same.

Wash vigorously for at least 15 seconds.

Use hand-sanitizing gel if you’re not mobile.

You may even want to use a paper towel when you have to touch the faucets or toilet lever.”

Dr. Michael F. Roizen, MD,
Co-author, “You The Smart Patient”:

“Remember that you are super susceptible to germs when you’re an inpatient. But a smart inpatient combats fear with action, and takes the necessary precautions...and the best defense...is the best offense: wash your hands!”