

## Preventing Infection Post BMT Toolkit

You will need to protect yourself against infection for the year or two after your transplant and maybe for longer. The first two to four weeks post-transplant are the most important. Your immune system needs a chance to recover.

Frequent, thorough handwashing with soap and water should become a ritual.

- ❖ Avoid crowds and people who have recently been vaccinated for chickenpox, polio, shingles, or the flu or who have recently been ill.
- ❖ Avoid being with people who smoke cigarettes, cigars, a pipe, or marijuana.
- ❖ Avoid swimming (speak to your medical team)

### **You must pay special attention to thorough handwashing when:**

- ❖ Before eating or preparing food or before taking medications and after touching catheters and wounds.
- ❖ In case of contact with any bodily fluids or items that might have come in contact with bodily fluids like clothing, bedding, or toilets.
- ❖ After being outdoors or to a public place depositing garbage.

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