

## “Caregivers: Steps To Stay Healthy And Reduce The Spread Of Infection” Reference List

1. CDC. (2020). People at High Risk for Flu Complications. <https://www.cdc.gov/flu/highrisk/index.htm>
2. National Alliance for Caregiving and AARP. (2020). Caregiving in the U.S. 2020 Report. [https://www.caregiving.org/wp-content/uploads/2020/06/AARP1316\\_RPT\\_CaregivingintheUS\\_WEB.pdf](https://www.caregiving.org/wp-content/uploads/2020/06/AARP1316_RPT_CaregivingintheUS_WEB.pdf).
3. National Alliance for Caregiving and AARP. (2020). Caregiving in the U.S. 2020 Report. [https://www.caregiving.org/wp-content/uploads/2020/06/AARP1316\\_RPT\\_CaregivingintheUS\\_WEB.pdf](https://www.caregiving.org/wp-content/uploads/2020/06/AARP1316_RPT_CaregivingintheUS_WEB.pdf). Note: This statistic factors in “old age,” surgery and wounds, cancer, stroke, diabetes, heart disease, lung disease and breathing issues as the illness/problems that can lead to increased risk of severe complications.
4. Vitaliano, P., Zhang, J. & Scanlan, J. (2003). Is caregiving hazardous to one’s physical health? A meta-analysis. *Psychological Bulletin*, 129(6): 946-972.
5. Webster Marketon, J. I., & Glaser, R. (2008). Stress hormones and immune function. *Cellular immunology*, 252(1-2), 16–26. <https://doi.org/10.1016/j.cellimm.2007.09.006>.
6. CDC. (2020). CDC Calls on Americans to Wear Masks to Prevent COVID-19 Spread. <https://www.cdc.gov/media/releases/2020/p0714-americans-to-wear-masks.html>
7. Besedovsky, L., Lange, T., & Born, J. (2012). Sleep and immune function. *Pflugers Archiv : European journal of physiology*, 463(1), 121–137. <https://doi.org/10.1007/s00424-011-1044-0>
8. CDC. (2020). Coughing and Sneezing. [https://www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)
9. CDC. (2020). When and How to Wash Your Hands. <https://www.cdc.gov/handwashing/when-how-handwashing.html>
10. Kwok, Yen Lee Angela, et al. (2015). Face touching: A frequent habit that has implications for hand hygiene. *American Journal of Infection Control*, Volume 43, Issue 2, 112 - 114. <https://doi.org/10.1016/j.ajic.2014.10.015>
11. Huang, S., Septimus, E., Kleinman, K. et al. (2013). Targeted versus universal decolonization to prevent ICU infection. *New England Journal of Medicine*, 368, 2255–2265. <https://www.nejm.org/doi/full/10.1056/nejmoa1207290>
12. Mullen, A., Wieland, H.J., Weiser, E.S., Spannake, E.W., & Marinos, R.S. (2017). Perioperative participation of orthopedic patients and surgical staff in a nasal decolonization intervention to reduce *Staphylococcus* spp surgical site infections. *American Journal of Infection Control*, 45(5), 554–556. <https://doi.org/10.1016/j.ajic.2016.12.021>
13. Jimenez, A., Sposato, K., Leon-Sanchez, A., et al., (2019) Reduction of Hospital-Onset Methicillin-Resistant *Staphylococcus aureus* (MRSA) Bacteremia in an Acute Care Hospital: Impact of Bundles and Universal Decolonization; presented at ID Week: <https://www.eventscribe.com/2019/posters/IDWEEK/SplitViewer.asp?PID=NTI2NDE3OTU4NDQ>