



Infection Prevention for everyday life

By

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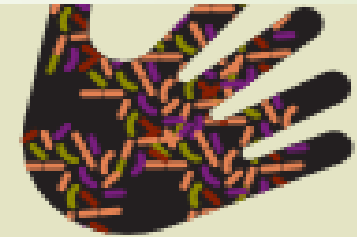
Handwashing

How this can keep you healthy

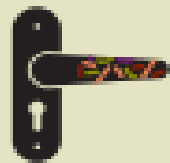
Germs are everywhere, and can get into your body through your eyes, nose and mouth and can make us sick.



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.

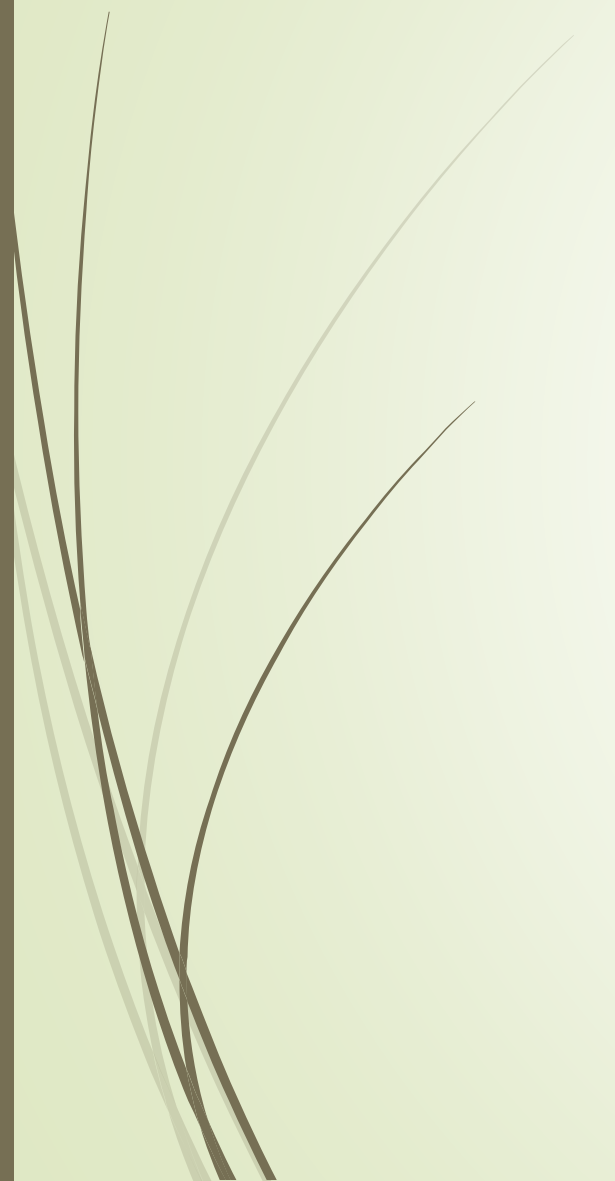



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.

Hand washing is one of the simplest ways of protecting yourself



Studies have
shown that
handwashing
can prevent

1 in 3

diarrhea-related
sicknesses and

1 in 5

respiratory
infections, such as
a cold or the flu.

When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but key times when it's most important to wash your hands are:

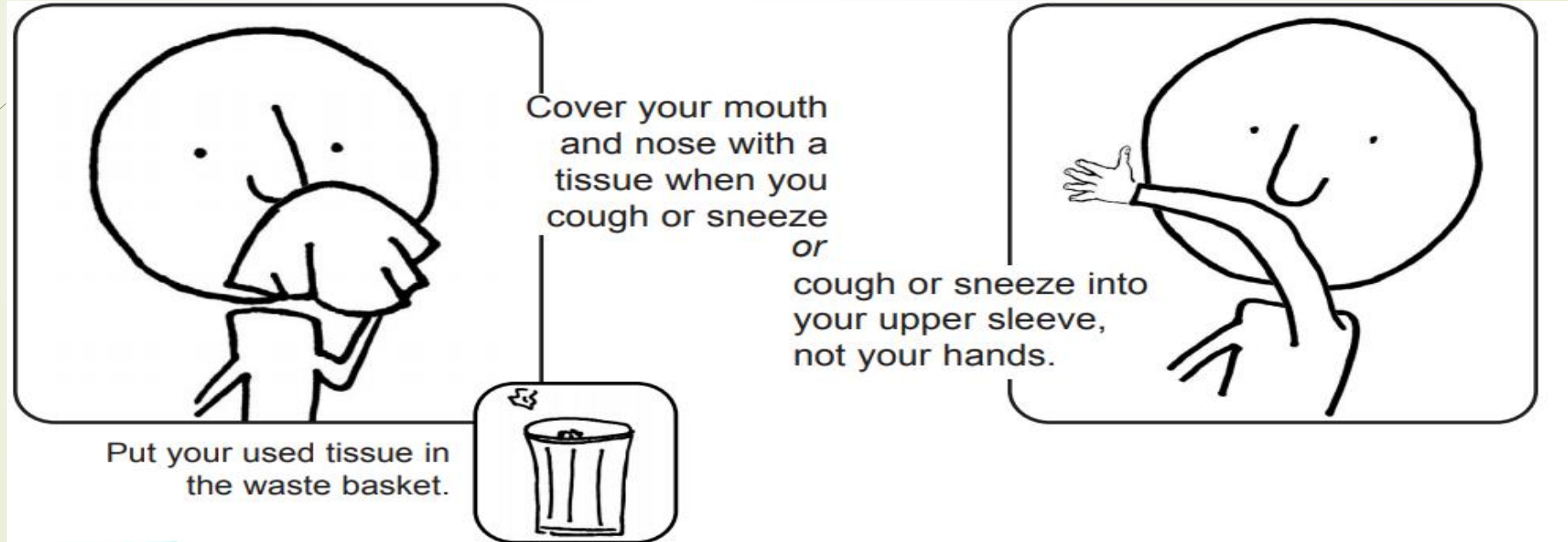
- Before, during , and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing or sneezing
- After touching an animal, animal food or treats, animal cages or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy



What should you use for hand hygiene

- ▶ You can use bar or liquid soap to wash your hands.
- ▶ Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared to plain soap.
- ▶ Both are equally effective in getting rid of germs and the widespread use of antibacterial ingredients in general hygiene items may be contributing to antibiotic resistance
- ▶ If soap and water are not available, use an alcohol based hand sanitizer or wipe. The alcohol in the hand sanitizer or wipe is different from the type of alcohol that is found in alcoholic beverages

Cover your cough



Clean your hand after coughing or sneezing by washing with soap and water or cleaning with hand sanitizer

Am I contagious?

Sneezing, fever and a hacking cough are all signs that you could be contagious. Even if you feel all right, your symptoms could be deceiving. People with mild illnesses can spread germs, too.

Each time you sneeze or cough due to a respiratory infection, you release bacteria or virus filled particles into the air. You also spread bacteria and viruses when you touch your eyes, nose or mouth and then touch surfaces around you.

Cold and flu germs can live on hard surfaces such as countertops, doorknobs, toilet flush handles, TV remote controls, phones etc for up to 24hrs. Remember to clean hard surfaces regularly with a germicidal wipe.

If you are sick, stay home as much as possible;

- Wash your hands often and remind others to wash their hands too
- Sneeze or cough into your elbow instead of your hands
- If you have a bad or hacking cough and have to go out - wear a mask

When to stay home

In today's world and job situations – its not always easy to decide when you need to stay home.

If you're constantly coughing , sneezing, feeling generally ill – try to stay home and away from public gatherings (including communal prayers).

If you have a constant or hacking cough or are sneezing frequently and have to go out, wear a mask over your mouth and nose. Throw away the mask when you come back home (do not reuse the masks)

If you are vomiting or have diarrhea – stay home and away from public gatherings (including communal prayers).

Get plenty of rest, drink lots of fluids and wait for your symptoms to subside. The Centers of Disease Control and Prevention (CDC) also recommends staying home for 24 after a fever or other flu-like symptoms have cleared up.

Antibiotics needed or not?

Ask

“Are these antibiotics necessary?”
“What can I do to feel better?”



Bacteria

Antibiotics do not kill viruses.
They only kill bacteria.



Complete
the Course

Take all of your antibiotics
exactly as prescribed
(**even** if you are feeling better).

Do not pressure your healthcare provider for antibiotics.



You do **not** need antibiotics for:

- ✗ Colds or flu;
- ✗ Most coughs and bronchitis;
- ✗ Sore throats not caused by strep;
- ✗ Runny noses; or
- ✗ Most ear aches.

Using antibiotics the wrong way can cause bacteria to grow into superbugs. This could make your next infection much harder to treat.

What is antibiotic resistance? Antibiotic resistance happens when bacteria change in a way that reduces or damages the ability of antibiotics to kill the bacteria.

How can I help prevent antibiotic resistance?

- Take your antibiotics exactly as your healthcare provider instructed.
- Only take antibiotics that are prescribed for you.
- Finish the course , don't stop taking them because you start to feel better.
- Don't share antibiotics with others, even if they say they have the same symptoms as you.

Learn more about antibiotic resistance at websites: [cdc.gov/get smart](https://www.cdc.gov/get-smart) and [apic.org/infectionpreventionand you](https://www.apic.org/infectionpreventionand you)

Any questions

