

Infection Control

Infection control **prevents or stops the spread of infections.**

How are infections spread?

Infections can be spread in many ways. The three main ways are

- Airborne – microorganisms can be carried by air currents
- Droplet – droplets are released when someone coughs or sneezes this can then come into contact with others peoples nose, eyes or mouth
- Contact – Direct or Indirect. Direct is when touching virus contaminated skin or hands of another person and then touching own nose, eyes or mouth. Indirect is after touching virus contaminated surfaces or objects and then touching own nose, eyes or mouth

What are the methods of infection control?

- **hand hygiene and cough etiquette.**
- **the use of personal protective equipment (PPE)**
- the safe use and disposal of sharps.
- routine environmental cleaning
- incorporation of safe practices for handling blood, body fluids and secretions as well as excretions

Best protection against COVID-19

- vaccination
- cough etiquette
- hand hygiene
- wear PPE when required
- physical distancing

Hand Hygiene

- The single most important way to prevent and control the spread of infection



Cough Etiquette

Preventing spread of infection can also be assisted by performing good respiratory hygiene and cough etiquette particularly during flu season and with COVID-19.

Personal Protective Equipment

Types of PPE

- Gloves
- Facial protection – surgical mask, N95/P2 respirator
- Protective eyewear – goggles or face shield
- Gowns/Aprons – fabric, paper or plastic
- Footwear – shoe covers

Important to remember with PPE

- Follow instructions for putting on and taking off your PPE
- Do not touch your face once you have put on your PPE
- Avoid touching and adjusting your PPE once put on
- Do not pull down your mask to speak or kiss the person you are visiting
- Remove and discard as instructed

Please include the handwashing and donning and doffing posters from the COVID-19 webpage.