

INFECTION CONTROL



**Good hand hygiene is a simple
way to stop the spread of
sickness and disease.**

- **What is hand hygiene?**

Hand hygiene means washing your hands with soap and water or rubbing them with sanitizer.

- **When should you perform hand hygiene?**

If you can see that your hands are dirty, always wash them with soap and water.

As you may not be able to see the germs on your hands, you can also use a hand sanitizer that contains at least 60% alcohol.

- **Always perform hand hygiene:**

1. When you enter or leave a hospital, a clinic or a patient's room.
2. Perform hand hygiene before:
3. You touch a patient or start helping with their care, such as showering or changing a dressing
4. Handling medicines
5. Preparing or eating food
6. Touching your eyes, nose or mouth.

- **Perform hand hygiene after:**

1. Blowing your nose, coughing, or sneezing
2. Going to the toilet
3. Touching animals and pets, including therapy pets.

- **Why is hand hygiene important?**

Good hand hygiene protects patients and carers from germs that cause sickness and disease, such as flu, gastro or COVID-19. These germs can be on surfaces and equipment that you touch. As a carer, you could transfer these germs to the person you care for, without knowing

Cover your cough

Help to stop spread of germs that can make you and others sick.

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

You can also consider wearing a high-quality, well-fitting face mask which may help reduce the spread of respiratory germs.

Wash hands often with soap and warm water for 20 seconds, especially after touching tissues with secretions after coughing or sneezing. If soap and water are not available, use an alcohol-based hand rub.

KNOW ANTIBIOTICS

- What are antibiotics?

Antibiotics are prescription medicine, to treat or prevent infections caused by bacteria.

Antibiotics do not work against viruses. Examples of some antibiotics: azithromycin, amoxicillin, ciprofloxacin, cefixime etc.

- Before taking antibiotics:

Inform your doctor or pharmacist if:

1. You are allergic to some medicines.
2. You have liver or kidney problems.
3. You are pregnant or breast feeding.

- Antibiotic resistance:

1. Unnecessary and improper use of antibiotics cause the bacteria to develop resistance towards antibiotics.
2. Resistance makes the antibiotics useless/ ineffective.
3. It is possible to prevent development of resistance by using antibiotics responsibly.

- When to use antibiotics?

The doctor will prescribe antibiotics when needed. The type, dose, duration will depend on the type and severity of the infection and the individual condition, weight and age.

- How to use antibiotics responsibly:

1. Antibiotics are prescription only medicines and to be used only on the advice of doctors.
2. Ask your doctor if you have been prescribed an antibiotic and if yes, be sure to ask your doctor / pharmacist about the correct use of antibiotics.
3. Take the right dose, at the right time and for the right duration.
4. Complete the full course even if you feel better after a few days of treatment.
5. Do not use them for viral infections like common colds, flu sore throat etc.