

Infection Control – Self Care

With the need for increased infection and cross-infection control due to Coronavirus (COVID-19), we need to make sure we keep ourselves and those we come into contact with safe.

There are a number of simple steps to help maintain the best possible infection control for both yourself and those around you.

There are six ways we can all help stop the spread of this virus

1. Clean your hands regularly with soap and water or alcohol-based hand rubs.
2. Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
3. Avoid touching your face, nose and mouth and avoid shaking hands.
4. Avoid touching handrails, door handles or communal objects when in common spaces.
5. Stay home if you are unwell.
6. Avoid contact with anyone who is unwell – stay as far away as possible from anyone coughing or sneezing.

Sneezing and coughing

Colds, flu and viruses can spread easily via the transmission of germs through the air, carried on droplets. If dispersal of these droplets can be prevented, then infection transmission can be reduced.

1. **COVER** your mouth and nose with a tissue when you cough or sneeze.
2. Put your tissue in the **BIN**.
3. If you don't have a tissue, cough or sneeze into your elbow, **NOT YOUR HANDS**.
4. **WASH** your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

Source: Department of Health and Human Services

Around others

Social or physical distancing is considered the best form of avoiding the spread of viruses. By physical distancing, we mean that it's best to keep your distance from others by standing or sitting back (at least 1.5 metres apart, where possible).

Other ways to combat this would be to:

1. Not shake hands on greeting
2. Hold meetings or family gatherings by Skype, Facetime etc., or teleconference.
3. Avoid crowded spaces
4. Work from home if possible.



Touching people and items

Other people

To reduce the spread of any virus, the touching of other people should be kept to a minimum.

If you are in a communal space, keep your hands on your knees when sitting and avoid leaning on countertops.

Surfaces

Bacteria and viruses can live on surfaces for several hours or days. If a member of your household is sick or you suspect may be sick, you should regularly disinfect and clean surfaces such as:

- Tables
- Benches
- Fridge doors and
- Door knobs.

Porous surfaces also require attention as they can hold bacteria or viruses for up to 9 days. Be sure to disinfect with either soap or water, or disinfectant spray, items such as:

- Material chair covers
- Baby car seat covers
- Clothing
- Plastic and
- Any carry bag handles.

Source: Australian National Institute of Allergy & Infectious Diseases

Washing your hands

Protect yourself and those around you. Wash your hands regularly.

- 1) Wet your hands
- 2) Put soap on your hands
- 3) Rub soap over all parts of your hands for at least 20 seconds
- 4) Rinse your hands under running water
- 5) Dry your hands thoroughly with disposable paper towel or hand dryer.

Source: Department of Health and Human Services

Protect yourself and your family

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1

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your hands.

2



3

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at least 20 seconds.



Rinse your
hands under
running water.

4



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.



Stay germ free and healthy