



Quick Reference Guide

Infection Control: An Overview

Methods of Transmission

Contact Transmission (Direct) - Direct contact occurs when a person touches an infected person or infected blood or body fluids, such as urine, saliva, or faeces.

Contact Transmission (Indirect) - Indirect contact occurs when a person touches a contaminated surface e.g. contaminated hand rail, door handle or phone.

Droplet Transmission - Droplet transmission occurs when infectious agents are spread via a person who is coughing, sneezing or talking. Droplets can be breathed in by a non-infected person or can settle on surfaces in the environment which are then touched by a non-infected person.

Airborne Transmission - Airborne transmission occurs when very small particles containing infectious agents are spread via the air and can be breathed into the body.

WHO Five Moments of Hand Hygiene

It is important that hand hygiene is performed at the right times as per the WHO's Five Moments of Hand Hygiene:

- Before resident contact
- Before an aseptic task
- After body fluid exposure risk
- After resident contact
- After contact with a resident surroundings

You should also perform hand hygiene:

- When you first arrive at your place of work
- Before you leave your place of work to go home
- Before putting on gloves
- After removing gloves
- Before touching food and eating
- After going to the toilet
- After your lunch or other breaks
- After blowing your nose or coughing
- After handling rubbish
- After handling unwashed linen or clothing
- After handling animals
- When your hands are visibly dirty

http://www.who.int/qpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf

Standard Precautions

These are the standard precautions that should be taken on a normal day to day basis to reduce the risk of infection:

- The appropriate use of PPE
- Hand hygiene
- Safe handling of sharps
- Safe handling of waste
- Safe handling of soiled linen
- Environmental cleaning

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