

Appendix 1 Everyday Infection Control for Staff to Share with Clients

Germs can spread from person to person or by touching unclean equipment or surfaces.

1. Wash your hands regularly



Use soap and warm water. Rub your hands for at least 15 seconds. Rub your palms, fingernails, in between your fingers, and the backs of your hands.

Clean your hands before touching or eating food.

Clean them after:

- you use the toilet
- take out the rubbish
- change a child's nappy
- visit someone who is ill
- or play with a pet.

2. Take care cleaning your home



To stop germs spreading in the house make sure you clean the kitchen and toilet regularly.



Use either soap and hot water to rinse the germs away, or a disinfectant to kill them



Make sure you dry surfaces such as worktops and chopping boards thoroughly after cleaning.

Dampness helps any remaining germs survive and, if there's enough water, multiply.

General cleaning tips to help prevent the spread of germs in your home:

Cloths and sponges



Use disposable cloths or paper towels when possible.

If you do use reusable cloths, Disinfect them or wash them at 60°C after each use.

Mops and buckets



- mops and buckets should be cleaned and dried after each use

Toilets



- keep the U-bend and toilet bowl clean by flushing after each use
- use a toilet cleaner and brush every few days
- keep the toilet seat, handle and rim clean by using a disinfectant

Baths and sinks



- clean baths and sinks frequently, if they're used regularly



Showers



- clean shower trays frequently, if used regularly
- if a shower hasn't been used for a while, let it run with hot water before using it
- Clean shower curtains regularly

Kitchen



- ensure food-preparation surfaces are clean before use
- use separate chopping boards for uncooked food – such as raw meat – and food that doesn't need cooking, like salad leaves



- wash and dry your hands after handling foods such as raw meat
- clean surfaces immediately after use

Floors



- clean floors regularly with warm water and detergent to remove visible dirt

Pets and other animals



- keep pet food separate from human food



- always wash your hands after touching animals and their food, toys, cages and litter trays



- dishes, utensils and tin openers used for pet food should be stored separately.

Laundry



- wash your hands after handling dirty laundry



- all underwear, towels and household linen should be washed at 60°C
- don't leave laundry in the washing machine – any remaining germs can multiply rapidly

Waste disposal



- foot-operated bins are more hygienic because they reduce the risk of getting germs onto your hands from touching the bin lid
- throw rubbish away carefully to stop vermin and insects being able to get at it.
- always wash your hands after handling waste material

3. If you are sick, avoid close contact with others.



- If you are sick, stay away from other people or stay home. Don't shake hands or touch others
- When you go for medical treatment, call ahead and ask if there's anything you can do to avoid infecting people in the waiting room,

4. Get shots to avoid disease and fight the spread of infection.



Make sure that your vaccinations are current. Check with your doctor about shots you may need.