

INFECTIOUS DISEASES

HAZARD: INFECTIOUS DISEASES

An infectious disease is a disease, such as influenza or the common cold, caused by the entrance into the body of pathogenic agents or microorganisms, such as bacteria or viruses, which grow and multiply there.

RISKS:

Receiving and spreading of infectious diseases such as influenza and colds.

CONTROL MEASURES: WASH - WIPE - COVER

Wash – wash your hands as soon as you can after:

- sneezing or coughing;
- touching commonly used items;
- after going to the toilet;
- when handling food; and
- when they are dirty.



If soap is not available then you must use an alcohol based hand sanitiser. Avoid touching your mouth or eyes with your hands.

Wipe – wipe down all frequently touched surfaces e.g. shared equipment, door knobs, push plates, key boards, handrails, etc.

Cover – cover a cough or sneeze with a tissue or using the crook of your arm, not with your hands. This will help reduce the spread of infection through touch. Drop used tissues immediately into a bin and wash your hands. If you do sneeze or cough into your hand, then wash them immediately.

What's the difference between a cold and the flu?

Many of the symptoms of a cold and flu are similar. A cold usually starts with a runny nose, and may include a dry or sore throat, headache, sneezing, cough, hoarseness or rough voice. A flu can have the same symptoms as a cold, usually starting with a sore throat. The flu is usually more severe and lasts for up to a week and will also have:

- high fever
- muscle aches & pains
- shivering



Prevent the Spread!

- Stay at home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Cough or sneeze into your upper sleeve, *not* your hand
- Put used tissues in the waste basket