

INFECTION CONTROL QUARTERLY NEWSLETTER

Welcome to the first Infection Control Newsletter, this will be produced every three months, posted out to you and made available to you via our website www.drct.co.nz. The intention is that it will be a fun and interesting way of capturing your attention and Re-enforcing good infection control techniques. We welcome any contributions, or suggestions of items of interest, or likewise if you have any topics you would like more information on, please let us know – we value your feedback.

Test your knowledge

What do you know about infection control?



- What is a barrier?
- How long should you wash your hands for?
- Do you know what correct disposal techniques are?
- Who to talk to about infection control?
- Should you come to work if you are unwell

There are four main causes of infections

Viruses such as those that cause colds, flu and herpes (cold sores)

Bacteria such as those that cause bronchitis or a strep throat (sore throat)

Fungi such as those that cause athlete's foot or ringworm

Parasites such as head lice or tapeworm

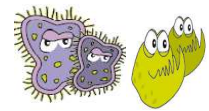
IT'S FLU SEASON AGAIN

The flu is a virus, the consequences of a severe dose of the flu can be devastating to the elderly and those with chronic respiratory conditions.

The best way to protect yourself and the Client's you work with is to be vaccinated. Most Doctors' surgeries are now stocking the vaccination – please ensure you check with your Health Practitioner that the Flu Vaccine is suitable for you before making any choices to be vaccinated.

If you are unwell with the flu **do not go to work.** Call the after hours Co-ordinator on 0800 227 363 and notify them of your unavailability to work. Likewise do not come into the Centre and notify us that you are unwell, a phone call will suffice.

The best way to contain a virus and prevent it from spreading is isolation and good infection control, use disposable tissues to blow your nose and wash your hands following blowing your nose.



HAND WASHING TECHNIQUES



Remove watches or jewellery and roll your sleeves up to your elbows.



Wet your hands with warm water (very hot water can dry your skin).



Place a small amount of soap on your hands (too much soap can dry your skin).



Rub your hands together to create a lather. Make sure you clean under your fingernails, around and between your fingers, and your fingertips and thumbs.



Wash for 10-15 seconds at least.



Rinse your hands well using plenty of warm running water (removing all the soap reduces irritation from washing your hands often).



If you can, use the towel to turn off the tap, so you don't contaminate your clean hands.



Pat your hands dry with a towel or paper towels. Don't rub your hands as this can damage your skin. Dry your hands thoroughly.

QUIZZ

Tick the correct boxes in the table below, then hand in with your timesheet you will go in the draw to win a prize.



Name	Virus	Bacteria	Fungus	Parasite
A dose of the flu				
Itchy head				
Coughing				
A head cold				
Bronchitis				
Ringworm				
Sore throat				
Tape worms				
Athletes foot				



What are some things caused by bacteria?

What are some things that could cause fungi?

What is a parasite?

How long should you wash your hands for?

Should I report any of the above?

Where can I find information about Infection Control?