

GUIDELINES FOR INFECTION CONTROL

Viral Infections

- Measles and Mumps
- Rubella
- Hepatitis and HIV
- Influenza and Common Cold
- Chicken Pox



Bacterial Infections

- Whooping Cough
- Diphtheria
- Cholera
- Throat Infections
- Some forms of Meningitis



Parasitic Infections

- Malaria
- Tapeworm
- Hookworm
- Itch Mites
- Pubic & Body Lice



Fungal Infections

- Ringworm
- Tinea
- Thrush

WASH YOUR HANDS



Can be spread by:

- **Direct Contact** (contact with an infected person)
- **Indirect Contact** (through faeces, air conditioning etc.)
- **Through a Host** (e.g. insects or worms)

Prevention

- Personal Hygiene: - Wash hands as necessary during the day.
- Avoid sharing personal items.
- Keep cuts and grazes covered.
- Immunisation:- many diseases are preventable by immunisation programs.
- Practice Hygienic food handling and preparation techniques.
- Avoid transmitting infections.
- Avoid contact with body fluids:- use a condom.

