

YOUR PERSONAL CHECKLIST

- **Personal Health.** If you have an infection or feel ill - stay home, notify your physician for medical help.
- **Keep Health Tests and Immunizations** - up to date as required for your job.
- **Personal Hygiene** - shower/bath daily, keep hair clean (restrained at work), wear clean clothes daily.
- **Maintain Good Health** - A strong body resists infections - sleep, exercise, diet.

Handwashing:

Before eating, after toilet, after blowing nose, after touching hair, after using lip balm, and after applying makeup. *Use proper washing technique.*

Needles:

Dispose of needles and sharps into puncture resistant container IMMEDIATELY. Prevent needle sticks - do not bend, remove or recap.

Form 122 Infection Control Brochure

HELP
Toll Free
24 Hours Per Day
Confidential
1-800-342-8168

Cord of Three Counseling Services

Infection Control Brochure



Serving

- * Appling
- * Bacon
- * Brantley
- * Coffee
- * Pierce
- * Ware
- * Wayne
Counties

TUBERCULOSIS:

"TB" is an infectious disease - spread person to person through the air into the lungs.

SYMPTOMS: May feel weak/sick, fever, night sweats, weight loss, cough (blood possible), chest pain. Can cause body damage - even fatal.

HOW CAN I GET "TB"

- ❖ When sharing the same breathing space, as in health care setting, within family, crowded areas, group and homeless shelters with someone who is infected
- ❖ When body's germ defense (immune system) is weakened by such as HIV-AIDS, diabetes, and certain cancers.

"TB" CONTROL

- ✓ IDENTIFY the person with TB disease (CONTAGIOUS)
- ✓ PROMPT ISOLATION to limit germ exposure, then give prescribed treatment.

TB SKIN TEST

If it is a "*positive*" reaction, other tests determine if it is infectious TB Disease, which requires immediate isolation and treatment until it is contagious.

Note: If test shows TB infection --- it is NOT contagious but potential to develop TB Disease exists (which IS contagious!). Medication is provided to treat TB infection While a normal work schedule continues - no symptoms.

INFECTION CONTROL

Sources --- Direct, Indirect, Droplets in the air

Also by:

- *Contaminated Food*
- *Air Ventilation*
- *Insects - Parasites*

Depending upon the type of Germ, ENTRY may be through eyes, nose, mouth, non-intact skin, or other means.

Infection Control Procedures require some judgment. *Types of germs* and *exposure* can differ. Conditions change your exposure.

KEEP ALERT...

INFECTION CONTROL

"breaks the chain" of transmission between the person carrying the germ and the person getting the germ.

THESE PROCEDURES isolate body substances and other sources of infection.

BLOOD INFECTIONS

HIV, HEPATITIS B, HEPATITIS C

HIV can be passed through unprotected sex, sharing needles, contact with blood or body fluids with visible blood, mom to baby at birth, and breastfeeding.

Symptoms are: Fever, swollen lymph nodes, diarrhea, weight loss, fatigue.

Treatment: Medications are available. May develop AIDS.

Hepatitis B is passed by having unprotected sex, sharing needles, razors, and toothbrushes, from mom to baby at birth.

Symptoms are loss of appetite, tiredness, diarrhea, vomiting, jaundice (yellow skin or eyes) and pin in muscles, joints, stomach.

Scarring of the liver and liver cancer may develop.

Hepatitis C is passed through blood exchange, sharing needles, and can be passed by having unprotected sex.

Symptoms are fatigue, muscle and joint aches, vomiting, diarrhea, stomach pain, dark urine, jaundice (yellow skin or eyes)

Scarring of the liver and liver cancer may develop.

HOW DO PEOPLE PREVENT INFECTION?

- Don't have sex outside marriage
- Only have sex with your spouse
- Don't share needles, razors, toothbrushes
- Avoid contact with other people's blood

How Can I Get Checked?

Your health care provider can give you a blood test. This test will show if infection has occurred.