

## 19. Appendix 8: Infection Prevention Advice Leaflet for Healthcare Worker

### Recommendations to prevent the spread of infection

- Try to avoid touching your mouth and nose
- **Regular hand washing (Figure 1).** You should wash your hands:
  - ✓ after coughing or sneezing
  - ✓ before and after you prepare food
  - ✓ before eating
  - ✓ after using the toilet
  - ✓ when caring for the sick
  - ✓ when hands are visibly dirty
  - ✓ after handling animals or animal waste
- Use soap and running water to wash your hands (Figure 1)
- **Respiratory hygiene (Figure 2):** Cover your mouth and nose with a clean tissue when coughing and/or sneezing and then promptly dispose of the tissue in a bin. If you do not have a clean tissue, cough or sneeze into the bend of your elbow instead. Wash your hands immediately after sneezing, coughing or blowing your nose.
- Avoid close contact with anyone showing signs of respiratory illness such as coughing or sneezing.
- **Cleaning and disinfection of the environment:**  
Clean surfaces, especially the most frequently touched surfaces, with any cleaning product, then disinfect with a disinfectant.
- **Waste disposal:** Dispose of household waste as you normally would. Used tissues can be disposed of in your normal household bin.