

# FACT SHEET

## WASH, WIPE, COVER...

### don't infect another!

#### PREVENTING THE SPREAD OF INFECTION

Common disease such as colds, flu and gastro can be spread in several different ways. You will reduce the risk of getting sick or passing infections on to others by washing your hands, wiping down surfaces, and covering your coughs and sneezes. It is important to avoid touching your eyes, nose and mouth, or handling food, until you have washed your hands. Avoid contact with others if you are sick. If others are sick, keep your distance.

## WASH

#### Perform hand hygiene frequently

Perform hand hygiene is one of the most effective ways to prevent the spread of infection.

An alcohol rub is recommended for use before and after patient contacts; after removing gloves; when handling invasive devices; after contact with blood and/or body fluids, non-intact skin, mucous membranes or wound dressings; and also after contact with medical equipment and the patient's immediate environment.

Hands should be washed with soap and warm running water for at least 10 seconds, and then dried with paper towel, in the following circumstances:

You should wash your hands:

- before and after eating or preparing food
- after going to the toilet
- when hands are visibly soiled.

## WIPE

#### Wipe over surfaces and equipment.

Wiping clean all frequently touched surfaces and patient equipment will reduce microbial contamination.

Cleaning cloths should be discarded or laundered after use.

## COVER

#### Cover coughs and sneezes.

Practice and promote respiratory hygiene and cough etiquette and encourage your patients to practice cough etiquette.

Cover a cough or sneeze with a tissue or your arm, not your hands.

Dispose of the tissue immediately into a waste container after use and then wash your hands.

If you do have a cough or sneeze into your hands, wash them immediately before touching anything else

Remember to turn away from other people when you cough or sneeze.

#### **DON'TINFECT ANOTHER!**

For more detailed information visit:

[www.sahealth.sa.gov.au/washwipecover](http://www.sahealth.sa.gov.au/washwipecover)



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SA Health