

## **Appendix 2: Prevention of the spread of ANY infectious diseases**

Most communicable diseases can be prevented if the basic measures are implemented:

### 1. Immunisation

Immunisation is a way of preventing infectious diseases e.g. Measles, Mumps, Rubella (MMR), Influenza, Polio, DPT, Chicken Pox, Hepatitis A& B, Meningococcal. The influenza vaccine is particularly important for students / staff who have chronic medical conditions e.g. asthma, diabetes, immunocompromised or on steroids.

### 2. Wash your hands

Washing your hands is one of the most important and effective ways of stopping the spread of infections and applies to everyone.

Use water and soap or alcohol-based sanitiser for at least 20 seconds

Warm water and dry completely after washing especially after:

- Going to the toilet
- Coughing or sneezing
- Before preparing food
- Looking after sick people

It is important that an unwell person stays at home to stop the spread of the infection to others.

### 3. Coughs and sneezing

Some infectious diseases can be transferred in the air when an infected person coughs or sneezes. Examples include Tuberculosis, influenza, meningococcal meningitis, measles and chicken pox.

If you are unwell, avoid close contact with other people. Cover your coughs and sneezes to stop spreading the illness to other people.

- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a bin.
- If you do not have a tissue, cough or sneeze into your elbow.
- Clean your hands after you cover a cough or sneeze.

#### 4. Keep household surfaces clean

Some infectious diseases can be spread by touching a surface or object that has been contaminated by an infected person.

Regularly cleaning household surfaces that are frequently touched will help reduce the spread of infections.

Clean surfaces with hot soapy water or your normal household cleaning product.

Where possible, use disposable cloths or paper towels to clean surfaces. Reusable cloths should be disinfected and then dried after use, as bacteria and viruses can still survive on damp cloths.

#### 5. Ventilate your room

Poor ventilation in rooms can increase the spread of infectious diseases. Open windows regularly to get fresh air circulating.

#### 6. Prepare food safely

It is important that you prepare, cook and store food safely.