

Stop the spread: Basics are best when it comes to infection control

Getting your head around how to minimise the spread of infection can feel overwhelming, when it shouldn't. It's a case of getting back to basics. Susan Wyatt currently oversees infection control at Castlemaine Health. She's been in the field for more than two decades across regional hospitals and private consulting settings and has worked through a number of serious outbreaks, including SARS, Avian Influenza and Swine Flu. Susan says the current messages around good hand hygiene, keeping away from people if you're feeling unwell or are at high risk, and covering noses and mouths when you cough or sneeze, are still the best way to prevent the spread of any infectious condition. "This is the way we should be behaving all the time, particularly in flu season," says Susan. "For many of us this means we're having to make some changes and do things that are maybe a little less convenient, but it's essentially going back to the very basics of good health." "Even in our current situation when things are changing daily, the basic hygiene messages will not."



Infection control practitioner Susan Wyatt.

Coronavirus (COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm

Use a tissue

Bin the tissue

Wash your hands

HELP STOP THE SPREAD AND STAY HEALTHY

Australian Government

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au

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KEY POINTS

- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- Keep away from people if you're feeling unwell or are at high risk
- Continue healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.

Source - Department of Health & Human Services



castlemaine
HEALTH

142 Cornish Street
Castlemaine Vic 3450
(P) 03 5471 3555

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