

INFECTION CONTROL



Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

HOW TO REDUCE THE RISK OF INFECTION

HAZARD = EXPOSURE

- Airborne droplets from coughing or sneezing.
- Contact with blood, body fluids, or contaminated surfaces/items.

RISK = CONTAMINATION

- Getting infected.
- Passing infection to others.

FOR FIRST AID

- Perform hand hygiene with soap and water or an alcohol-based hand rub.
- Wear appropriate PPE: gloves, CPR mask, eye protection, apron if needed.
- Avoid direct contact with blood and other body fluids.
- Remove PPE carefully and dispose of contaminated waste safely
- Wash hands thoroughly after providing care.

WASH HANDS

USE PPE

DISPOSE AND CLEAN UP SAFELY

WASH HANDS

IN GENERAL

- 1 | Keep vaccinations up to date. Stay home when unwell.
- 2 | Wash hands regularly, especially before preparing food, before eating, and after toilet use.
- 3 | Practise safe, hygienic food handling and preparation.
- 4 | Avoid sharing food, drinks, utensils, or personal items.
- 5 | Dispose of food waste and other waste safely.
- 6 | Use PPE when cleaning spills; absorb, clean, and disinfect the area.
- 7 | Clean spills of blood or body fluids immediately; they may carry infection.
- 8 | Avoid direct contact with blood, vomit, saliva, or other bodily fluids.



Reduce exposure.



Wash hands.



Use hand rub gel.



Use gloves.



Use CPR mask.



Safe disposal.