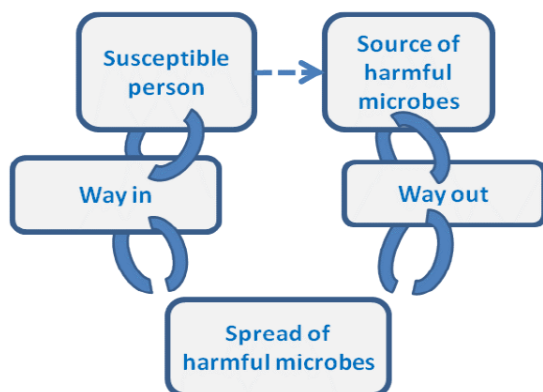


A learning and training resource

Fact Sheet 1

Breaking the chain of infection

If you remove one link in the chain of infection – infection cannot be spread



The easiest way to break the chain of infection is by breaking the “spread of harmful microbes” link

More Information: A simple e learning resource: Breaking the chain of infection. https://www.ifh-homehygiene.org/e_learning/breaking_the_chain/story.html

Hand hygiene: where and when?

- Hands are the single most important route for transmission of infection.
- Hands become contaminated with microbes that can cause harm e.g. by touching people or animals (who are infected or are carrying microbes that cause harm) or handling contaminated food or touching dirty surfaces and cloths.
- Contaminated hands can pass microbes that can cause harm onto other people (e.g by hand shaking) or by touching surfaces touched by other people or handling food.
- We can infect ourselves by touching the mouth, nose and eyes with contaminated hands.
- Breaking the chain of infection means practicing good hand hygiene at the right time. In some cases it is obvious (e.g. after toilet visits), but in others it is not (e.g. after touching door, tap and



How do you remove a link?

Source of microbes that can cause harm – People with infection pose a greater risk in the home. Keep them away from other people; take care handling raw food, nappies and soiled items. Be aware that pets can be a source of infection as well as affection.

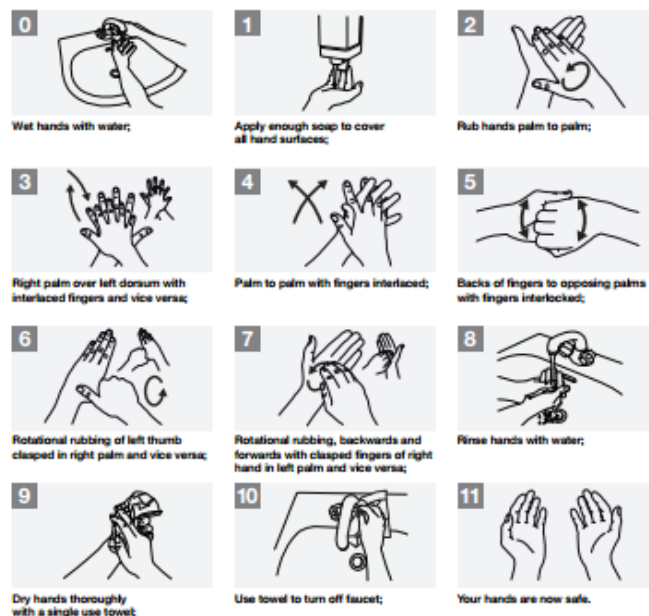
Way out – Prevent stools, vomit, fluids from wounds, coughs or sneezes getting onto surfaces or hands.

Spread of microbes that can cause harm – Target your hygiene to prevent microbes that can cause harm from spreading onto other people or things that are shared or eaten.

Way in – Cover cuts with waterproof plasters. Ensure you eat food that has been cooked properly and you drink clean water.

Susceptible person – Protect everyone by giving appropriate immunisations. For people at **extra** risk, take extra care to practice good hygiene.

Breaking the chain of infection transmission involves removing one or more of these links



More information Hand hygiene in the home and community <https://www.ifh-homehygiene.org/factsheet/hand-hygiene-home-and-community>

Home Hygiene - Prevention of infection at home and in everyday life.