

Hygiene to Prevent Infection

This playbook outlines steps for maintaining personal and environmental hygiene aimed at reducing the risk of infectious diseases. It presents effective hygiene practices for individuals and communities.

Step 1: **Handwashing**

Regularly wash your hands with soap and water for at least 20 seconds, especially after using the restroom, before eating, and after coughing, sneezing, or blowing your nose. Utilize hand sanitizer with at least 60% alcohol if soap and water are not available.

Step 2: **Cough Etiquette**

Cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Dispose of used tissues immediately in a lined trash can and wash hands afterward.

Step 3: **Disinfection**

Clean and disinfect frequently-touched objects and surfaces daily using a regular household cleaning spray or wipe. This includes phones, keyboards, doorknobs, and light switches.

Step 4: **Safe Food Handling**

Practice safe food handling by thoroughly cleaning hands, utensils, and surfaces when preparing food. Cook meats to the recommended

temperature and avoid cross-contamination between cooked and raw foods.

Step 5: Personal Items

Avoid sharing personal items such as toothbrushes, towels, razors, or eating utensils with others to prevent the spread of germs.

Step 6: Face Masks

Wear a face mask in public spaces, especially when social distancing measures are difficult to maintain. Ensure the mask covers your nose and mouth and fits snugly against the sides of your face without gaps.

Step 7: Stay Informed

Keep updated with the latest health advisories from trusted sources like the CDC or WHO. Follow their recommendations for vaccinations and other preventive measures.

General Notes

Self-Care

Remember that maintaining a healthy lifestyle through diet, exercise, and adequate sleep contributes to a stronger immune system, enhancing your body's ability to fight infections.

Professional Advice

Seek advice from healthcare professionals if you are unsure about the proper hygiene practices suitable for your personal circumstances or health conditions.

