

CONTROL INFECTION

Always remember to call 000 in case of an emergency

COMMON TYPES OF INFECTION

Most infections are spread through three sources: Direct Contact, Indirect Contact & Through a Host

VIRAL INFECTION

- Influenza & The Common Cold
- Measles & Mumps
- Hepatitis & HIV
- Rubella
- Chicken Pox

BACTERIAL INFECTION

- Some forms of Meningitis
- Cholera
- Diphtheria
- Various Throat Infections
- Whooping Cough

PARASITIC INFECTION

- Malaria
- Tapeworm
- Hookworm
- Itch Mites
- Pubic & Body Lice

FUNGAL INFECTION

- Ringworm
- Tinea
- Thrush

VARIOUS PREVENTION METHODS

Most infections can be prevented through using simple methods such as these:

PERSONAL HYGIENE

- Don't sneeze into hands (Is in fact a perfect breeding ground for infection! Use a tissue instead)
- Wash hand before eating
- Avoid sharing personal items
- Don't bite nails

SIMPLE FIRST AID

- Disinfect injuries ASAP
- Keep site clean and dry
- Change bandages every so often
- Dispose of waste carefully
- If not healing seek medical attention

IMMUNISATION

- Many infections are prevented through immunisation
- Get the correct shots before travelling overseas especially to lower socioeconomic countries

COMMON SENSE

- If you know you have an infection, avoid transmitting the infection
- Correct food handling, preparation & storage
- Avoid contact with bodily fluids (Use a Condom)

ALWAYS REMEMBER TO PROTECT YOURSELF IN THESE SITUATIONS!