

## **GENERAL INFECTION CONTROL REMINDERS** - simple steps to reduce the spread of disease

The following was prepared by **Health Ministries of the Ontario Conference of Seventh-day Adventists**. This list of recommendations is not exhaustive so you are encouraged to consult your physician and the Public Health Department in your area for further information. Leaders are also encouraged to have alcohol-based hand sanitizers available for use at schools, places of worship, etc. These sanitizers should contain a minimum of 62% alcohol. **Sanitizers should not replace regular, proper handwashing.**

- Wash your hands with soap and water when they are visibly dirty and
  - as soon as you enter your home
  - before handling food
  - before eating
  - before washing dishes
  - after visiting the restroom (use a paper towel to turn on/off the tap and open the door)
  - after blowing your nose
  - after changing a baby's diaper
  - after touching eggs, raw meat, poultry, or fish
  - after handling animals – especially reptiles
  - after cleaning up animal waste
  - after handling garbage
  - after visiting the sick
  - after attending a funeral or visitation
  - before and after touching a cut or open sore
  - after shaking hands
  - before touching your mouth, eyes, or contact lenses
- It is best to wash your hands at the bathroom sink and **NOT** at the kitchen sink. To make sure your hands are really clean, scrub your palms, between your fingers, the backs of your hands, and under your fingernails with soap and water for 20 seconds.
- Dry skin can crack and this may provide an opening for germs to enter your body. To prevent dry skin, you may use soap or an alcohol-based hand sanitizer with lotion already added, or use lotion (water-based is preferred) after cleaning your hands.
- **Do not sneeze or cough in your hands.** Cover your mouth and nose with a tissue or **sneeze into your sleeve**. Place used tissues in the garbage, then wash your hands properly with soap and water (preferably) or with an alcohol-based hand sanitizer.
- Avoid eating candy on display in public areas - including restaurants, and medical offices.
- Be cautious about purchasing food from places where attendants handle money and food without washing their hands between service to patrons. Before buying from public

vendors, check out their practices re: food preparation, food handling, personal hygiene and sanitation, and methods of food storage.

- Do not talk unnecessarily over food that will be served to others. Do not prepare or serve food to others if you are not well.
- When serving food where individuals are removing cutlery and glasses from a single container, please remember to place the cutlery with tips down. Disposable glasses/cups should be kept in the original packaging with the rims down. Please see examples below. \*\*
- Practise good health habits. Keep well hydrated, eat healthy foods, get regular exercise and adequate rest, etc. These contribute to the development and maintenance of a strong immune system.
- Avoid spitting in public, and refrain from moistening your fingers with saliva to turn pages or count money.
- If you're sick, stay at home and avoid crowds - unless directed to seek medical care. Keep your eating utensils and personal items (including towels, toothbrushes, toothpaste) separate. Use a disinfectant to clean surfaces used by other family members. Do not share personal items or drinks.
- When using public washrooms, telephones, transportation, aeroplanes, computer keyboards, touch screen kiosks, ATM machines, etc., try not to touch surfaces more than necessary. Clean hands after use.
- It is advisable to wash fruits and vegetables before using them. This includes melons, bananas, pineapples, sugar cane, cantaloupes, etc. Washing these items ensures that most bacteria, residual pesticides, and other contaminants transferred by staff and the public are removed. Use a light cleanser – not just water. There are many safe herbal preparations that are available at grocery stores.
- Luggage, grocery bags/boxes, or other bags that have been placed on the floor/ground, should not be placed on your bed or kitchen counters.
- Place your footwear in a plastic bag before placing them in your handbag, luggage, etc.
- Do not place your bags/handbags on the floor – especially in public bathrooms.
- As far as possible, hold doorknobs, rails, and press elevator buttons with a paper towel or something other than your bare hands.

**Hand-washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases.**

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Principal source: [www.toronto.ca/health](http://www.toronto.ca/health)

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# Novel Coronavirus (2019-nCoV) advice for the public

WHO's standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

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## Useful tips



**PLACE CUPS WITH RIMS DOWN. OPEN ONE SINGLE PACKAGE. KEEP CUPS IN THE PACKAGE SO THAT INDIVIDUALS CAN REMOVE ONE WITHOUT CONTAMINATING THE OTHERS**



**DISPLAY CUTLERY WITH TIPS DOWN**



<https://www.ccohs.ca/products/posters/handwashing.html&print=true>



## Reduce your risk of **coronavirus** infection:



Clean hands with soap and water  
or alcohol-based hand rub

Cover nose and mouth when coughing and  
sneezing with tissue or flexed elbow



Avoid close contact with anyone with  
cold or flu-like symptoms

Thoroughly cook meat and eggs



Avoid unprotected contact with live  
wild or farm animals



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## STAY HEALTHY WHILE TRAVELLING

Eat only well-  
cooked food



Avoid spitting in public

Avoid close contact  
and travel with  
animals that are sick



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# Novel Coronavirus Outbreak (2019-nCoV)

## Symptoms\* of Novel Coronavirus

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

\* Symptoms may appear 2-14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.



CS 314705-B

[www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>