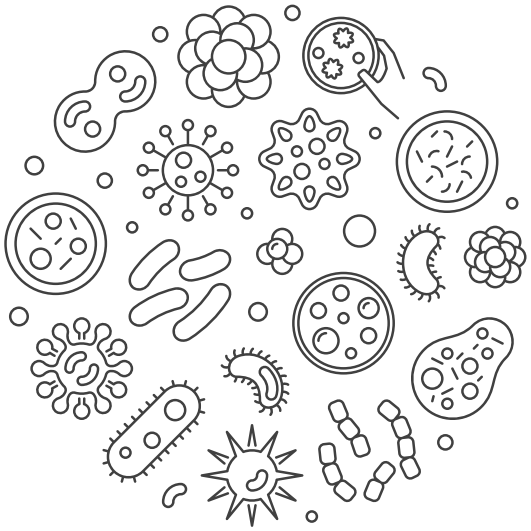

INFECTIOUS DISEASES: MODES OF TRANSMISSION AND METHODS OF killing THEM

The use of standard precautions for all patients is the primary strategy for minimising the transmission of infections in health care settings.

In order to properly combat the spread of illness and infectious disease within a community, it is important to know how the most common viruses are spread.

MODES OF TRANSMISSION

AIR/DROPLETS

Some infections are spread when an infected individual talks, coughs or sneezes small droplets containing infectious agents into the air. Due to their size, these droplets in the air travel only a short distance from the infected person before falling. The droplets in the air may be breathed in by those nearby. Spread can also occur by touching the nose or mouth with droplet contaminated hands.

EXAMPLE

Examples of infectious diseases that travel via air/droplets are Tuberculosis, Influenza and Pneumonia.

SURFACE TRANSMISSION

Some organisms can live on objects for a short time. If you touch an object, such as a doorknob, soon after an infected person, you might be exposed to infection. Transmission occurs when you touch your mouth, nose, or eyes before thoroughly washing your hands.

EXAMPLES

Examples of infectious diseases that travel via surface include: C Diff, VRE MRSA, Norovirus and Acinetobacter.

BLOOD

Some infections are spread when blood or other body fluids (for example for example, urine, saliva, semen and vaginal secretions) from an infected person comes into contact with:

- The mucous membranes (the thin moist lining of many parts of the body such as the nose, mouth, throat and genitals), or
- The bloodstream of an uninfected person, such as through a needle stick injury or a break in the skin.

EXAMPLES

Examples of infectious diseases that travel via blood or bodily fluids include: HIV, Hepatitis B and Hepatitis C.

Knowing that something as simple as touching a doorknob, elevator button, light switch, or another person's hand increases the likelihood of coming in contact with germs that can make you or your residents sick. The good news is that a few simple precautions can prevent some disease transmissions. For example, make sure you wash your hands frequently and thoroughly. Use soap and warm water and vigorously rub your hands together for at least 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer.

Other tips to prevent the spread of disease in areas with germs include:

- Wash your hands or use hand sanitizer before handling food
- Try to minimize touching your mouth or nose with your hands
- Wear disposable gloves to avoid contact with blood and feces
- Cover your mouth when you sneeze and cough and wash your hands afterward
- Appropriate use of personal protective equipment according to risk of body fluid exposure
- Safe handling of waste and linen
- Environmental controls including cleaning/sanitizing and spills management.

Rob Fiori, Solutions Sales Manager, Martin Bros.

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RIGHT PRODUCT, RIGHT DILUTION, RIGHT AMOUNT OF TIME

Simply having the correct product to kill the germ isn't enough. It is imperative that you also know how long the product must sit before killing the disease.
Follow the chart below to identify which products will work to kill each infectious disease as well as the amount of contact time required for each product to do it's job.

Our team of specialists are also available for training as well as answering questions related to this process.

INFECTIOUS DISEASE	CENTURY Q 256 (QUAT)	FUL-TROLE 64 (QUAT)	MICROCIDE TB	CLOROX HEALTHCARE HYDROGEN PEROXIDE CLEANER (SPRAY)	CLOROX BLEACH GERMICIDAL WIPES	CLOROX GERMICIDAL BLEACH
Hepatitis A	10 MIN	10 MIN	10 MIN	30 SEC	1 MIN	5 MIN
Hepatitis B	10 MIN	10 MIN	5 MIN	30 SEC	1 MIN	5 MIN
Hepatitis C	10 MIN	10 MIN	5 MIN	30 SEC	1 MIN	5 MIN
HIV/AIDS	10 MIN	2 MIN	1 MIN	30 SEC	30 SEC	2 MIN
Seasonal Influenza	10 MIN	10 MIN	3 MIN	30 SEC	1 MIN	5 MIN
Streptococcus Pneumoniae	10 MIN	10 MIN	3 MIN	30 SEC	30 SEC	5 MIN
CA-MRSA	10 MIN	10 MIN	3 MIN	1 MIN	30 SEC	5 MIN
MRSA	10 MIN	10 MIN	3 MIN	1 MIN	30 SEC	5 MIN
VRE	10 MIN	10 MIN	3 MIN	30 SEC	30 SEC	5 MIN
Acinetobacter	10 MIN	NO	NO	30 SEC	30 SEC	5 MIN
Norovirus	NO	NO	30 SEC	3 MIN	1 MIN	2 MIN
Tuberculosis TB	NO	NO	5 MIN	4 MIN	3 MIN	5 MIN
Closdtridium Difficile C-Diff Spores	NO	NO	NO	NO	3 MIN	10 MIN
Staphylococcus Aureus	10 MIN	10 MIN	3 MIN	1 MIN	30 SEC	5 MIN