The Fundamentals of Infection Prevention (hand hygiene, cleaning and disinfection, vaccination, personal protective equipment, respiratory hygiene/cough etiquette, and injection safety), used on their own or in layered prevention strategies, are proven methods for preventing illness and death.

**Hand Hygiene**

The single most effective way to prevent the spread of infections.

- Alcohol-based hand rub kills germs on hands. Soap and water washes them away.
- Soap and water reduces the amount of contaminants on your hands.
- Nail maintenance is a key aspect of hand hygiene.

**Cleaning & Disinfection**

Cleaning visible dirt and debris off surfaces is an essential first step to disinfection and sterilization.

- Mixing chemicals can be dangerous. Always follow manufacturer's instructions for use (IFU) for the disinfectant you are using.
- Always follow the manufacturer's instructions for use (IFU) for the device you are cleaning.

**Vaccination**

Vaccination is a highly effective and safe way of preventing communicable (infectious) diseases.

- Vaccination protects the people who receive them and also those around them.
- It may still be possible to get an infectious disease even after being vaccinated for it.
- Vaccines can decrease the severity of illness and the likelihood of hospitalization and death from the illness.

**PPE**

Use PPE whenever there is an expectation of possible exposure to infectious material.

- Know the sequence of putting on and taking off PPE to reduce the risk of contamination.
- Gloves are not a substitute for hand hygiene.
- The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

**Respiratory Etiquette**

Covering coughs and sneezes helps prevent the spread of germs that cause serious respiratory illnesses.

- Respiratory season extends beyond winter. Be prepared 365 days a year.
- Post signs about cough etiquette in lobbies and waiting areas.
- Have tools for success: tissues, masks, soap and water, hand sanitizer, and trash receptacles.

**Injection Safety**

Protect yourself from sticks: Use a sharps device with safety features.

- Prevent bloodborne pathogen transmission: Clean and disinfect glucometers with every use.
- Be aware, don’t share! Injection devices, like insulin pens, should be dedicated to only one person.
- Technique matters: Injection safety requires an aseptic or sterile technique.

**The Golden Ratio**

Sometimes Six Feet IS NOT ENOUGH

1:1:1

- Needle
- Syringe
- Time

Cover sneezes and coughs.

- Wear a mask.
- Properly dispose of tissue.
- Wash/sanitize hands.
- Limit touching in communal spaces.
- Don’t touch your eyes, nose or mouth.

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