

NEWS RELEASE

For release: **October 18, 2010**

INFECTION CONTROL – IT’S SIMPLE!

October 18 to 22 is National Infection Control Week. The Health Unit and the Community and Hospital Infection Association–Canada (CHICA) are promoting *Infection Control – It’s Simple!*

To prevent and control the spread of infections:

1. Wash your hands with soap and warm water for 20 to 30 seconds.
2. If you can’t wash your hands, use an alcohol based sanitizer.
3. Disinfect commonly touched surfaces.

Everyone must work together to prevent and control infections both in health care settings and in the community. Keeping hands and surfaces clean are effective in preventing diseases. Remind your family, friends and your health care professionals to follow these simple steps to stay healthy!

For more information on infection control, visit www.chica.org or www.healthunit.biz.

Quote

“Preventing the spread of infections is simple,” said Louise Anello, Manager of the Communicable Disease Control Program at the Health Unit. “Wash your hands well, use a hand sanitizer and disinfect common surfaces. If everyone does it, we will all be healthier.”

Quick Facts

- We have between 2 and 10 million bacteria between fingertip and elbow.
- Damp hands spread 1,000 times more germs than dry hands.
- Germs can stay alive on hands for up to three hours.
- The Community and Hospital Infection Association–Canada (CHICA) is a national, multi-disciplinary, voluntary association of Infection Prevention and Control Professionals dedicated to the health of Canadians by promoting excellence in the practice of infection prevention and control.

- 30 -

Media Inquiries:

Jill Faulkner, Communications Coordinator
P: 705-474-1400, ext 2246 or 1-800-563-2808
E: jill.faulkner@nbdhu.on.ca