

NEWS RELEASE

For release: October 17, 2011

HELP PREVENT AND CONTROL INFECTIONS IN LONG TERM CARE HOMES

The Health Unit is celebrating National Infection Control Week from October 17 to 21. Staff, residents and visitors at long-term care homes are being encouraged to do their part to help prevent infections and minimize outbreaks.

In long-term care homes, outbreaks of infectious diseases, such as colds, flu or stomach bugs, can put their residents at risk. Residents can become very sick and may die from illnesses such as influenza or Norovirus.

The best way for staff, residents and visitors to prevent and control the spread of infections is to:

1. Update your vaccines
2. Wash your hands often with soap and warm water for 20 to 30 seconds
3. Use an alcohol-based sanitizer if you can't wash your hands
4. Stay home when sick (staff and visitors)
5. Cover your coughs and sneezes

When everyone follows these practices, together we can prevent and control infections in long-term care homes. Remind your family, friends and staff of the facility to follow these simple steps to stay healthy and prevent outbreaks! For more information on infection control, visit www.healthunit.biz.

Quote

"We need everyone to help prevent the spread of infection and control outbreaks. If you are working at, living in or visiting a long-term care home, be sure to wash your hands well, stay home if you're sick, cover your cough and update your vaccines. If there is an outbreak, please follow the precautions outlined by the facility."

Louise Anello, Manager of the Communicable Disease Control Program at the Health Unit

Quick Facts

- An outbreak means there are more people than usual at one place, that have the same symptoms of a cold, flu or stomach bug, within a 48 hour period.
- Outbreaks are caused by bacteria, viruses or parasites.
- Outbreaks can last from a few days, weeks, or even longer.

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Media Inquiries:

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