

# PANDEMIC FLU INFECTION CONTROL AND PERSONAL HYGIENE PROTOCOL

## AIM

- To reduce the risk of infection and to prevent the spread of infection.

Preventing an influenza pandemic developing is unlikely to be possible as most people are likely to be exposed to the virus at some stage during normal activities. Therefore it is only possible to reduce not eliminate the risk of transmission by adopting high standards of personal and respiratory hygiene. Applying basic infection control measures and encouraging compliance with public health advice will help to protect oneself and others.

- Cover the nose and mouth with a disposable single use tissue when sneezing, coughing, wiping and blowing noses.
- Dirty tissues must be disposed of in the nearest waste bin [foot operated pedal bin] promptly and carefully.
- Hands must be washed frequently and thoroughly with liquid soap [as bar soap can become contaminated with bacteria] and water to reduce the spread of the virus from the hands to the face, or to others, particularly after blowing your nose or disposing of tissues.
- Hands should be dried thoroughly with paper towels - as damp hands promote bacterial growth. Dry hands also prevents dry, chapped skin which harbours bacteria. Used hand paper towels must be disposed of promptly and carefully – in a foot operated pedal bin.
- If hand washing facilities not available then ensure hands are rubbed with 'alcohol gel'.
- Encourage all staff and pupils to keep hands away from the mucous membranes of the eyes, nose and mouth.
- All cuts and abrasions must be covered with a waterproof dressing
- If helping the younger pupils to blow their noses etc, then please ensure you follow the correct hand washing procedure.
- All members of staff should educate their pupils in efficient hygiene measures.
- Ensure posters are displayed in all locations to encourage pupils and staff wash hands correctly and to reduce the spread of germs.