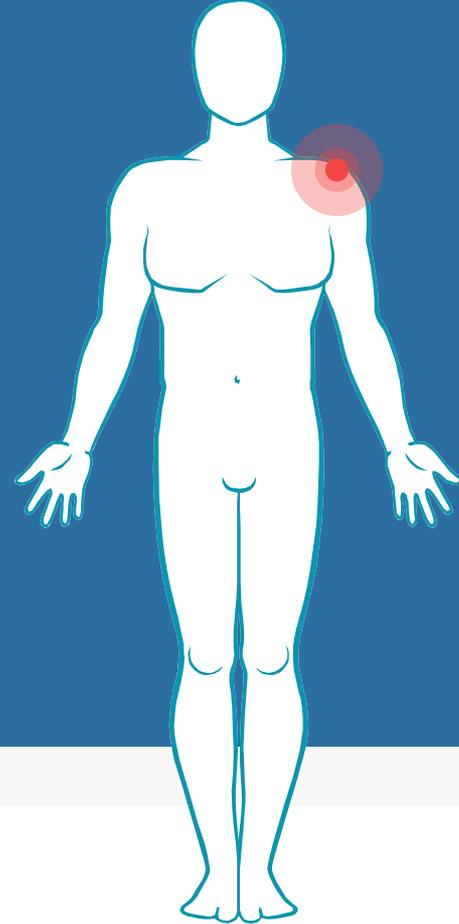


# On-Call

## Digital Resources

Preventing the spread of  
infectious diseases



## What can cause an infection?

- Infectious diseases are caused by microorganisms like bacteria and viruses or fungi and **parasites**.
- Most of them are usually harmless or helpful, but under certain conditions may cause disease.



## Spread of infectious diseases

- Even if preventing spread of infectious diseases is not always fully possible, there are steps we can take in order to lower their ability to spread to other people.



## How to reduce spread of germs

- Most important and the easiest method to reduce spread of germs is to wash hands regularly with water and soap.
- How to do it properly?
  - use clean, running water,
  - scrub your hands with a soap for at least 20 sec
  - rinse and dry them



# How to reduce spread of germs

- Other ways of reducing spreading germs:
  - Cover your mouth and nose while coughing or sneezing
  - Clean and bandage all cuts
  - Don't share dishes, glasses, or towels.
  - Follow good personal hygiene habits



## How to reduce spread of germs

- Vaccinate yourself and your dog
- Avoid drinking tap water and ice abroad
- Have safe sex
- Use insect repellents
- Don't pet wild animals



## How to reduce spread of germs if you are already sick

- Cover your mouth while coughing or sneezing
- Avoid public places, stay home if you can
- Keep your hands away from your mouth and nose and wash them frequently



## How to reduce spread of germs if you are already sick

- Desinfect objects you need to share with others
- Ventilate your house





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