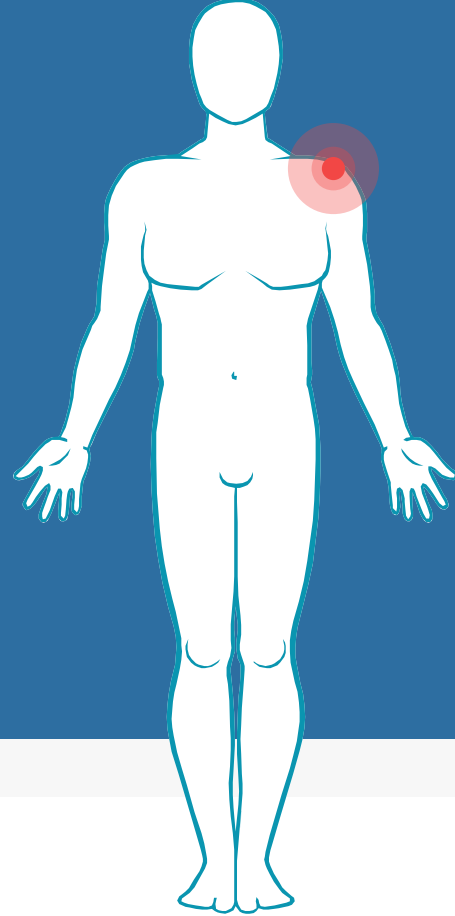


# On-Call

## 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 caughting 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
- Ventilize your house





This project has been funded with support from the European Commission.  
This publication reflects the views only of the author, and the Commission cannot  
be held responsible for any use which may be made of the information contained therein.