

Stay Home When Sick

Sick people who go to work, school and public gatherings can spread their illness to others.

A shift in attitude that encourages people to stay home when they are sick is important to help limit the spread of disease.



Adopt the new illness etiquette:

- If you have vomiting and/or diarrhea, stay home until your symptoms have been gone for 48 hours.
- If you have influenza-like symptoms such as fever, cough, sore throat, muscle aches and tiredness, stay home until your fever has been gone for 24 hours, and you are feeling better and are able to go back to your normal activities.
- Don't visit an elderly relative, especially in a long-term care facility when you are sick.

Staying home is the socially responsible thing to do.

Be Informed

Get the information you need:

- Talk to your doctor,
- Talk to a public health nurse,
- Talk to a public health inspector.



Visit:

Middlesex-London Health Unit - www.healthunit.com

Ontario Ministry of Health and Long-Term Care - www.health.gov.on.ca

Health Canada - www.hc-sc.gc.ca

Public Health Agency of Canada - www.phac-aspc.gc.ca

FightBac - www.canfightbac.org/en

Centers for Disease Control - www.cdc.gov or www.cdc.gov/germstopper/resources.htm

Immunization Action Coalition - www.vaccineinformation.org

ML MIDDLESEX-LONDON HEALTH UNIT
www.healthunit.com

In London:

50 King Street (at Ridout), London, ON N6A 5L7
tel. 519-663-5317 x 2330 • fax 519-663-8241

In Strathroy:

Kenwick Mall - 51 Front Street E., Strathroy ON N7G 1Y5
tel. 519-245-3230 • fax 519-245-4772

References:

Centers for Disease Control website accessed January 26, 2010. "Why Immunize?" www.cdc.gov/vaccines/vac-gen/why.htm

Health Canada website accessed on January 26, 2010. "It's your Health Childhood Immunization". www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/immuniz-eng.php/

Minnesota Department of Health website accessed on January 26, 2010. "Cover Your Cough". www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/index.html

Partnership for Food Safety Education website accessed on November 16, 2005. www.canfightbac.org/en/

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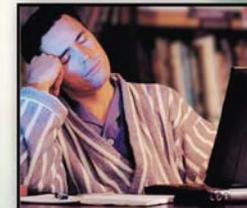
Protect yourself with these simple steps...



Handle Food Safely



Get Immunized



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Cover Your Cough



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Handwashing

Good handwashing removes bacteria and viruses on your hands that can make you sick. Your hands come in contact with these germs while:

- using the bathroom, changing diapers;
- shaking hands, touching others;
- touching animals; and
- touching objects around you.



The germs on your hands get into your body when you touch your mouth, eyes, nose or open cuts. Washing your hands will help stop this from happening and keep you and your family healthy.

How to wash your hands:

- Wet hands with warm running water.
- Add liquid soap. Antibacterial soaps are not necessary.
- Rub hands together. Be sure to scrub:
 - between your fingers,
 - your fingertips and fingernails,
 - the back of your hands and wrists.



You should scrub your hands for at least 20 seconds - the time it takes to sing "Happy Birthday" twice.

- Rinse well under running water.
- Dry hands with paper towel.
- Use the paper towel to turn off the taps.

Handle Food Safely

Germs that you cannot see, taste or smell can make you sick if food is not handled correctly. Most cases of food poisoning can be prevented with safe food handling.

Clean

- Wash your hands before preparing food and frequently while you are making it. This is very important after handling raw meat, fish or poultry.
- Clean with soap and water, then sanitize all cutting boards, counter tops and utensils that have been in contact with raw meat, fish and poultry.
- Sanitize with 1 mL (1/4 tsp.) household bleach mixed in 500 mL (2 cups) water.



Separate

Germs can spread from raw meat, fish and poultry to other foods in the kitchen.

- Store raw animal products in the lowest part of the refrigerator to prevent juices from dripping onto other foods.
- Use paper towels to wipe kitchen surfaces or change dishcloths daily to prevent the spread of germs.
- Use two cutting boards - one for raw meat, fish, poultry and one for cooked and ready-to-eat foods.

Cook

Cook foods thoroughly to kill the germs that make people sick.

- Check temperatures with a probe thermometer - You don't know if you don't check!
- Keep hot foods hot, above 60°C (140°F) if not served immediately.

To be safe, cook:

- whole poultry to 82°C (180°F)
- poultry pieces, ground poultry to 74°C (165°F)
- food mixtures (soups, casseroles) to 74°C (165°F)
- pork, pork products to 71°C (160°F)
- ground meat (other than poultry) to 71°C (160°F)
- fish to 70°C (158°F)

Chill

Keep cold foods cold, below 4°C (40°F).

- Refrigerate or freeze perishable foods, prepared foods and leftovers within two hours.
- Cool foods quickly by dividing large amounts into shallow containers, and cutting large pieces of meat into portions.
- Defrost food in the refrigerator, under cold running water or in the microwave if you will be cooking it immediately. Never defrost food at room temperature.

Get Immunized

Vaccines are one of the most important ways to prevent infections. Vaccines are safe and the benefits far outweigh the risks. The diseases that vaccines prevent, like polio, diphtheria, measles and pertussis (whooping cough) can lead to paralysis, pneumonia, brain damage, and even death in people who are not protected.



Immunization protects the individual and the community. Vaccine preventable diseases have decreased significantly in countries with successful immunization programs. The more people who are immunized against a disease, the less chance for the disease to circulate.

High rates of vaccination need to continue. When vaccination rates are high, disease rates are low. If we stop vaccinating, diseases that are almost unknown in Canada might come back, causing people to get sick.

Getting the right shot at the right time is very important. Talk to your health care provider or a public health nurse to see what vaccines are right for you and your family.

Cover Your Cough

Coughing and sneezing can cause illness by spreading germs to others.

Droplets from coughing and sneezing can spread serious respiratory illnesses like influenza (the flu), respiratory syncytial virus (RSV), and pertussis (whooping cough).



To Stop the Spread of Germs

- Cough or sneeze into a tissue and then throw it away. If you don't have a tissue, cough or sneeze into your sleeve.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer.