

# INFECTION CONTROL QUARTERLY NEWSLETTER

## Issue Two - *Spring is in the air*

Hopefully we have all managed to get through winter relatively unscathed and free from coughs, colds and viruses – don't let your guard down. The flu is not limited to the winter months it can invite it's unwelcome little self in at any time of the year.

The array of bulb's popping up in gardens is a sure sign that a hint of spring is in the air, spring illness' usually take a back seat - but can definitely cause widespread fevers, vomiting, rashes and sore throats. In fact, some of these spring viruses are just as severe as the virus getting all the press and we all know which one that is!



### **HAVE YOU EVER WONDERED ?**

- **Can viruses and bacteria exist on hard surfaces ?**  
*Answer : Whether or not viruses are living organisms or not they are opportunistic parasites, needing a host to replicate and cause us to be sick, they can live for hours on a hard surface and can easily be spread to unsuspecting participants. Any sort of food particles, skin cells, blood, mucus, helps them thrive, which is why your kitchen sponge is a breeding ground.*
  
- **If a person sneezes how far can it travel in the air ?**  
*Answer : A single sneeze can spray droplets infested with bacteria and viruses as far as 3 feet !*

Obviously, most people spend most of their time not sick. So obviously it is not a huge problem. One can not help but wonder how much of that is due to cleanliness and how much of that is due to viruses and bacteria just dying before they get a chance to infect other people.

### **PROTECTIVE EQUIPMENT**

It is essential that you protect yourself from germs and bacteria at all times. As you move between houses you could easily become the host to "cross contamination". Gloves and aprons are available to you at all times and it is expected that you will wear them and dispose of them appropriately.

***Congratulations to Christine McCormack - the winner of our last Quizz who enjoyed a night out at the movies !!***

