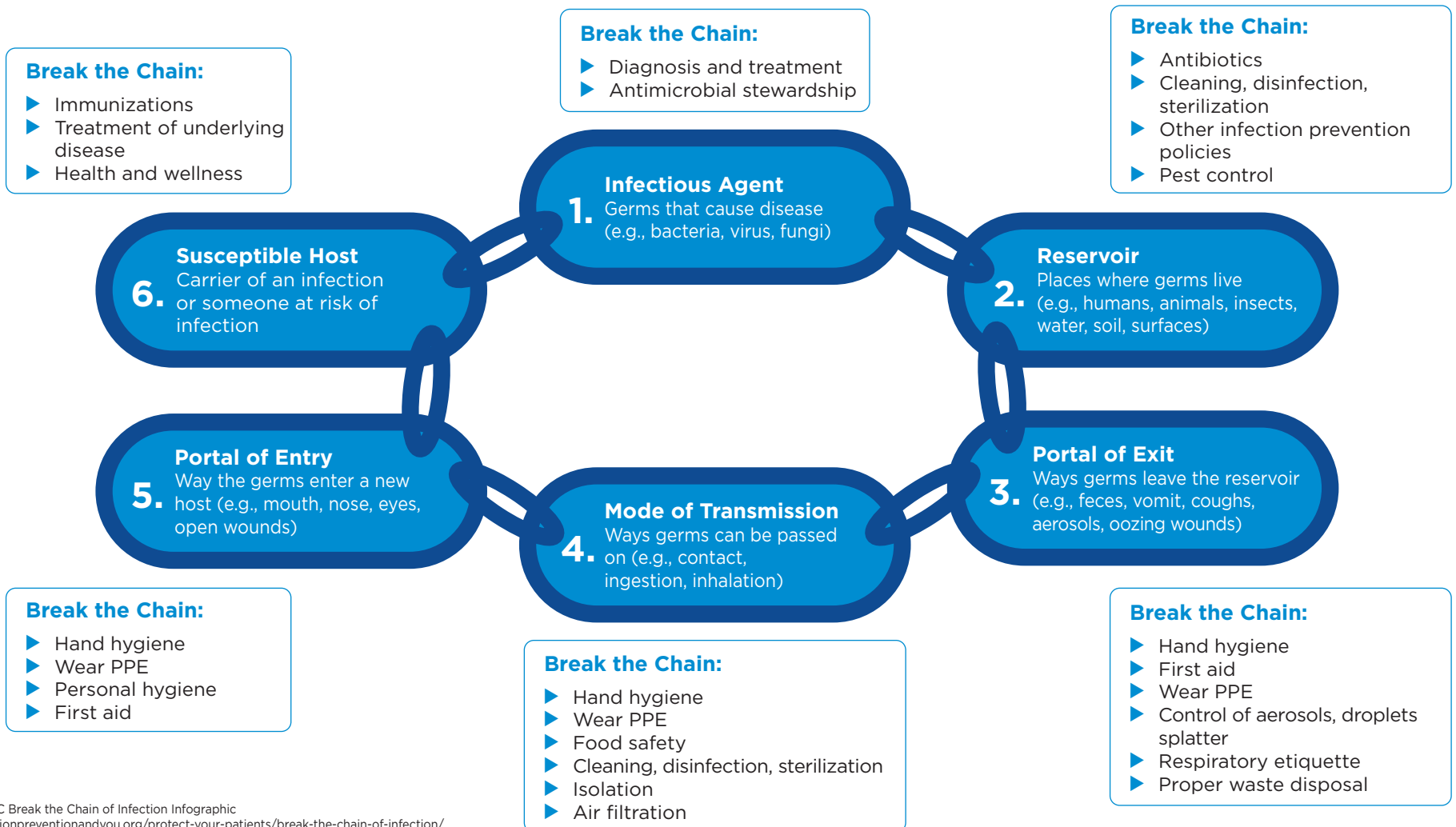

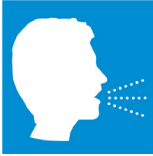








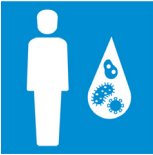






# Breaking the Chain of Infection

Germs spread from person to person through a series of events called chain of infection. There are six links that make up the chain. To prevent germs from infecting more people, we must break the chain of infection at any of the six links.



Germ	Reservoir	Portal of Exit	Mode of Transmission	Portal of Entry	Susceptible Host
<b>SARS-CoV-2</b> (virus that causes COVID-19)	 <b>Human</b>	 <b>Mouth</b> Coughing, Sneezing, Talking, Singing	 <b>Respiratory droplets</b> flying into the air and landing on surfaces	 <b>Mouth, nose, eyes</b> <ul style="list-style-type: none"> <li>Breathing in respiratory droplets</li> <li>Touching contaminated surface and touching face</li> </ul>	 <b>Anyone</b> , but elderlies, healthcare and essential workers, and people with underlying health conditions are at higher risk
<b>Break the Chain</b>	<ul style="list-style-type: none"> <li>Stay home when sick</li> <li>Sick leave policy</li> </ul>	<ul style="list-style-type: none"> <li>Wear mask</li> <li>Cough into elbow or tissue</li> </ul>	<ul style="list-style-type: none"> <li>Proper ventilation</li> <li>Clean and disinfect surfaces properly</li> </ul>	<ul style="list-style-type: none"> <li>Physical distance</li> <li>Wear mask</li> <li>Hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Get vaccinated</li> </ul>
<b>Methicillin-resistant Staphylococcus aureus (MRSA)</b>	 <b>Human</b>	 <b>Open wounds and cuts</b>	 <b>Wounds and cuts</b> coming in contact with another person's skin or surface	 <b>Open wounds and cuts</b> Contact with an infected person's oozing wounds or contaminated surface	 <b>Anyone</b> , but athletes, students, military personnel in barracks, patients receiving inpatient medical care are at higher risk
<b>Break the Chain</b>		<ul style="list-style-type: none"> <li>Clean and cover open wounds until healed</li> <li>Do not pick at or pop the sore</li> <li>Don't share personal items (e.g., towels, clothing, razors)</li> </ul>	<ul style="list-style-type: none"> <li>Good hand/body hygiene</li> <li>Clean and disinfect surfaces properly</li> <li>Laundering fabric coming in contact with an infected person</li> </ul>	<ul style="list-style-type: none"> <li>Cover and clean open wounds until healed</li> <li>Don't share personal items</li> <li>If infected, get treatment early</li> </ul>	
<b>Norovirus</b>	 <b>Human contaminated water</b>	 <b>Vomiting, diarrhea</b>	 <b>Tiny vomit or fecal particles</b> of infected person landing on food, water or surfaces. <b>Direct contact</b> with an infected person.	 <b>Mouth</b> Tiny vomit or fecal particles of an infected person entering your mouth	 <b>Anyone</b>
<b>Break the Chain</b>	<ul style="list-style-type: none"> <li>Stay home when sick</li> <li>Sick leave policy</li> <li>Strict hand hygiene and food handling policy</li> <li>Proper water treatment</li> </ul>	<ul style="list-style-type: none"> <li>Good hand hygiene</li> <li>Clean and disinfect contaminants immediately and properly</li> </ul>	<ul style="list-style-type: none"> <li>Clean and disinfect surfaces properly</li> <li>Wash fruits and vegetables thoroughly</li> </ul>	<ul style="list-style-type: none"> <li>Good hand hygiene</li> <li>Avoid contact with an infected person</li> <li>Avoid sharing food or eating utensils</li> </ul>	

