

EASY READ POLICY

INFECTION CONTROL



About this policy



Infection control is something we all must do to keep ourselves and others healthy.

Good infection control stops germs from spreading.



Germs are tiny life forms we cannot see without special equipment.

This policy will tell you about methods of infection control to stop the spread of germs.



You will learn about:

- hand washing
- personal protective equipment (PPE)
- what to do if you sneeze or cough
- cleaning.

One2One are here to help you.



If you have a question or are unsure about something, you can ask our support workers or your Coordinator.

This policy applies to you and your One2One support workers.

When to wash your hands



To stop the spread of germs, you need to keep your hands clean.

Your support workers will provide help if you need it.



You and your support workers should wash your hands with soap and water when your hands look dirty or:



- After using the toilet
- After sneezing, coughing or blowing your nose



- Before and after eating



- After touching cuts, wounds or bandages



- After touching animals.

Washing your hands



Any time you wash your hands, remember to:

- remove jewellery
- wash your palms and fingertips
- wash the top of your hands and between your fingers
- wash under your nails.



1. Wet your hands with water

2. Put a small amount of soap on your hands



3. Scrub your hands and count to 20

4. Rinse your hands for 10 seconds

5. Dry your hands



OR

1. Use a small amount of hand sanitiser and rub your hands together



2. Let the sanitiser gel dry (about 1 minute).

Personal protective equipment (PPE)



Personal protective equipment (PPE) is clothing and tools used to reduce the spread of germs.

You or your support workers might need to wear PPE such as:



- Face masks
- Gloves



PPE should always fit correctly.

Please let us know if your PPE doesn't feel comfortable or does not fit so we can support you to replace these items.



What to do if you sneeze or cough

Germs can spread when people sneeze or cough.

When you sneeze or cough, cover your mouth with a tissue or cough into your elbow and NOT your hands.



Wash your hands after coughing or sneezing.

Bin any tissues used.

Cleaning



Keeping all areas in your home clean is important for stopping the spread of germs.

It is suggested that you keep all benchtops and surfaces sanitised and cleaned in:

- the kitchen
- the bathroom
- your bedroom
- other living spaces where your supports or guests may occupy.



Your support workers can assist you with your home's cleaning needs.

Our offices are cleaned often so you can be sure you are safe when visiting us.