



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



INFECTION PREVENTION

Infection prevention and control (IPC) in your home is a set of practices that help to protect you and your family from getting sick and spreading illnesses and infectious diseases. These practices include maintaining good hygiene, cleaning, disinfecting surfaces, and social distancing.

Illness prevention is an essential aspect of IPC in your home.



FOR MORE INFO



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ILLNESS HYGIENE IN YOUR HOME





RESPIRATORY ILLNESS

- » Includes respiratory viruses (like flu, COVID-19, and RSV) Bronchitis and Pneumonia
- » Common symptoms include cough, wheezing, fever, headache, chest and nasal congestion, sore throat, runny nose, and shortness of breath
- » Are caused by inhaling droplets in the air from an infected person who is coughing or sneezing, or direct contact with an infected person
- » Duration of symptoms and treatment vary based on the specific illness



HOW DO I PREVENT THE SPREAD OF ILLNESSES IN MY HOME?

RESPIRATORY

- » Ensure tissues and hand hygiene products are available, cover your coughs and sneezes or wear a mask
- » Maintain your distance when caring for or living with a person who has a respiratory illness
- » If you or someone in your home has a respiratory illness, stay in a separate room, with the door closed, as much as possible

GASTROINTESTINAL

- » Wash your hands with warm soap and water and rub hands well for at least 20 seconds
- » Carry hand sanitizer for times when soap and water aren't available
- » Disinfect hard surfaces with a mixture of 3/4 of a cup of household bleach to 1 gallon of water
- » Avoid sharing towels, eating utensils, drinking glasses, and plates (use disposable products, if able)
- » Keep your distance
- » Wear gloves when touching laundry and wash hands afterwards
- » Wash clothing and bedding in hot water and dry them on the hottest setting



GASTROINTESTINAL (GI) ILLNESS

- » Includes Norovirus, Viral Gastroenteritis (the stomach Flu), and Rotavirus
- » Common symptoms include low-grade fever, nausea, vomiting, diarrhea, and stomach cramps
- » Are caused by direct contact with an infected person, touching contaminated surfaces and then putting your unwashed hands in your mouth, or consuming contaminated food or water
- » Can last up to 14 days, and usually just require treatment of symptoms

