





What's bugging you ?

Infection prevention and control in the home
COVID-19 advice

A blue rectangular box with a rough, brushstroke-like border.

With **all of us** in mind.

IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website www.wakefieldrecoverycollege.co.uk, clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email (wakefieldrecoverycollege@swyt.nhs.uk) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.

Thinking of you all, from
Your Recovery College Team.



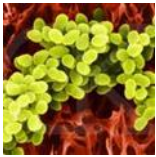
With **all of us** in mind.

Aims

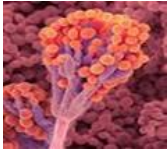
- To be familiar with some of the germs that are in the home environment and how these are spread and how they can be prevented from spreading.
- To provide an awareness of the importance of following good food hygiene practices
- To provide knowledge of food safety hazards

Hazards in the home-

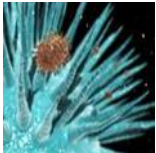
Microorganisms and germs



Bacteria – wide spread and common, found almost everywhere in the environment, treatable (in most cases) with antibiotics



Fungi – moulds and yeasts, mainly harmless, include athlete's foot and thrush



Virus some are severe such as HIV, some are mild like cold



Parasites – usually found abroad, common in the UK are Lice and Scabies



Rodents and insects can all carry germs

Microbes and germs

Viruses

- Smaller than bacteria
- Cause illness like Chicken pox, Flu, common colds, diarrhoea and vomiting and HIV

Bacteria

- We have more bacteria on us and in us than human cells
- They cause illness such as Meningitis, wound infections-
Some bacteria are useful and used in cooking.

Fungi

- They are the largest of all microbes, can be found in the air, on plants and in water.

Food borne diseases

Hepatitis A

Typhoid

Cholera

Micro-organisms and germs linked to food poisoning

- Campylobacter
- Salmonella
- Staphylococcus aureus
- Bacillus cereus
- E. coli O157
- Clostridium perfringens
- Norovirus

Symptoms of food poisoning

Diarrhoea

Vomiting

Abdominal pains

Fever

Nausea

People at risk

Young children

Elderly people

People who are ill

Diabetics

Pregnant women and their unborn
baby

Natural poisons



High-risk foods



The right conditions



1 Food
2 Moisture



3 Warmth



4 Time

High risk foods

Cooked meat and cooked poultry

Cooked meat products – pies, meat paste, gravy,
soup

Dairy products – milk, cream, eggs, cream cakes

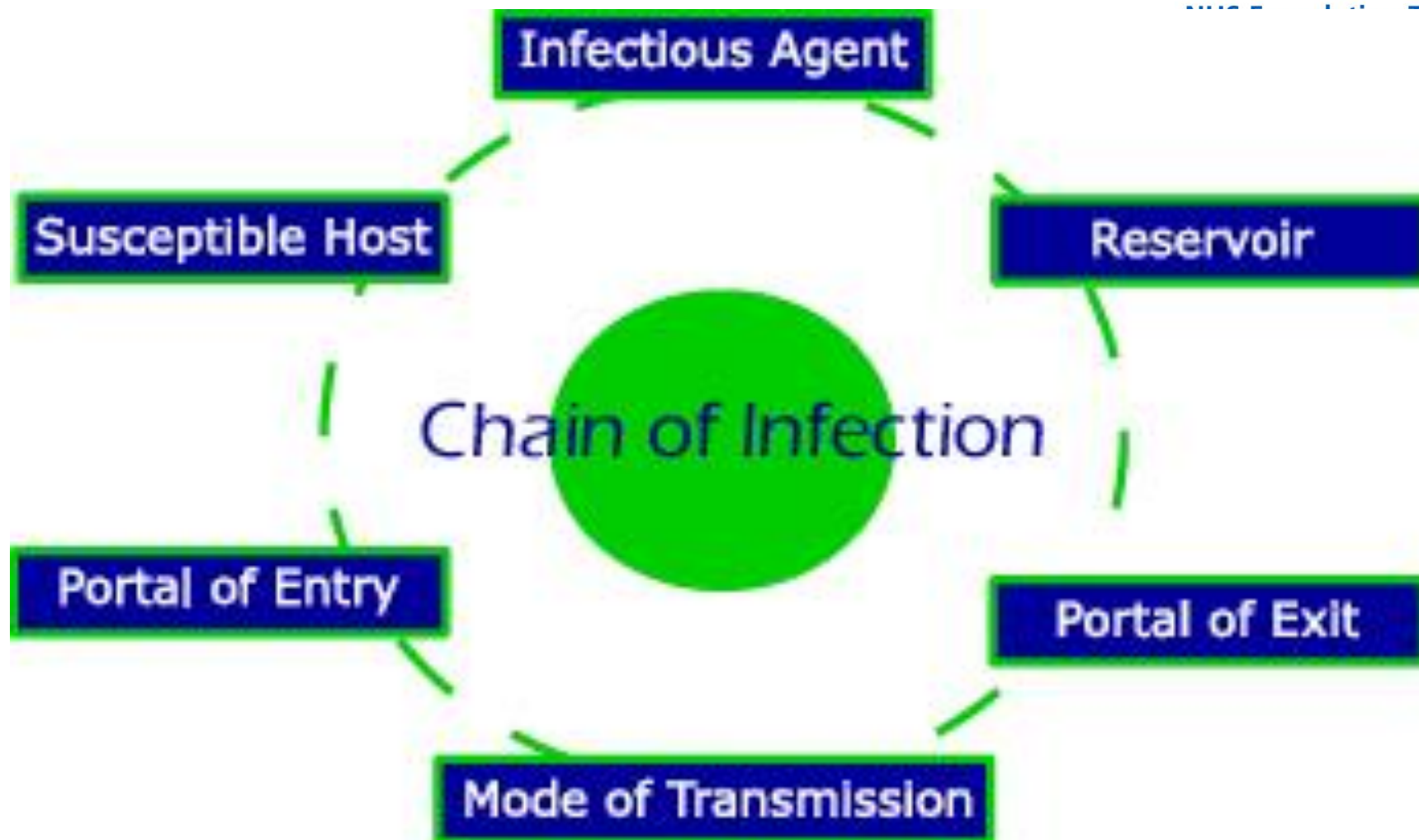
Shellfish and seafood's

Cooked rice

Cross-contamination



Raw to cooked food
Store raw meat on
Bottom shelf of fridge on
a plate.
Never leave the fridge
Door open.
Cover cuts with a water
Proof plaster.
Never wash raw meat.



Regular maintenance

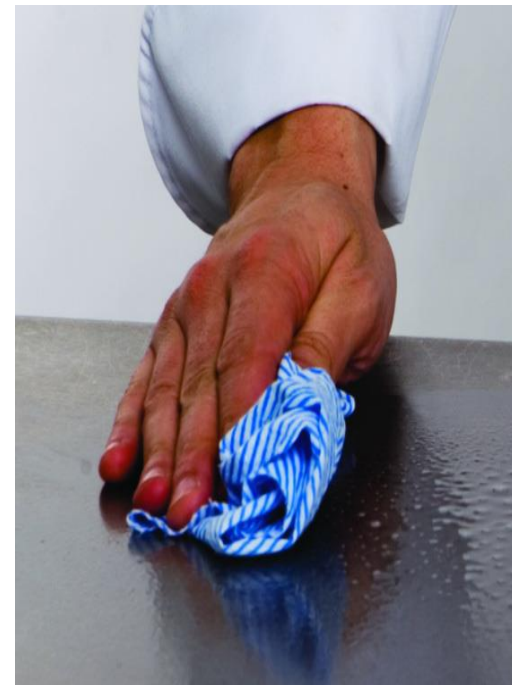
Hands – keep a supply of anti bacterial wipes in the car

Cleaning cloths – wash regularly

Utensils and knives – keep clean

Chopping boards/work tops - use anti bacterial cleaner

Containers – wash and dry regularly



Preventing cross contamination

Hand washing

Disposable cleaning cloths

Thorough washing

Colour coded chopping
boards

Thorough washing of
containers

Clean as you go

Bacteria can be found on all areas of the body

Skin

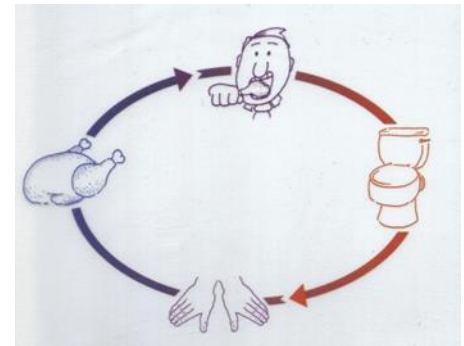
Ears and nose (sneezing)

Mouth

Hair

Guts and bowels (faecal oral spread)

Clothing



With **all of us** in mind.

Chilled storage



At or below:

- 8°C – law
- 5°C – good practice

Frozen storage



- -18°C or below. Check and record
- Keep raw and ready to eat foods separate
- No hot food
- Food to be well wrapped
- Label and date food
- Do not overload
- Stock rotation
- Defrost and clean regularly
- Maintain in good condition

Hand washing



One of the most
important
actions you can take to
help
prevent contamination

When to wash your hands

After going to toilet

Before handling food

After touching hair, face, nose or ears

After coughing sneezing or blowing nose

After emptying bin or handling waste

Hand contact surfaces

Door handles

Refrigerator handles

Taps

Switches

Areas most frequently missed during hand washing



Hands should be washed
with soap
and water using the
six step technique

THE SIX-STEP HANDWASH TECHNIQUE



With **all of us** in mind.

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath.

Simple measures like **washing your hands often with soap and water** can help stop viruses like coronavirus (COVID-19) spreading.

There's no specific treatment for coronavirus (COVID-19) at the moment.

Treatment aims to relieve the symptoms until you recover.

It's not known exactly how coronavirus (COVID-19) spreads from person to person, but similar viruses are spread in cough droplets. Social distancing of 2 meters apart with those outside your own household also helps to avoid the spread.

04/05/20 For the latest Government advice please visit <https://www.gov.uk/coronavirus>.



South West
Yorkshire Partnership
NHS Foundation Trust

Have you got any
questions?

Get in touch at:

01924 316946 &

[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

[@swyt.nhs.uk](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

(we're still here!)



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