# **Breaking the Chain of Transmission**

You can stop the spread of infection by breaking any of the links in the Chain of Transmission.

# Germs

- Viruses
- Bacteria
- Fungi
- Parasites

## BREAK THE CHAIN!

- Cleaning and disinfection
- Hand hygiene
- Treatment of ill individuals (e.g., antibiotics)

#### **Where Germs Live**

- People
- Animals
- Food
- Environment

# BREAK THE CHAIN!

- Improving air filtration & ventilation
- Safely storing and handling food
- Water treatment
- Safety measures when interacting with animals or the environment
- Staying home when sick

# **How Germs Get Out**

- Blood &body fluids (e.g., saliva, mucus, vomit)
- Broken skin
- During diapering and toileting



#### BREAK THE CHAIN!

- Respiratory etiquette
- Safely disposing of waste and contaminated items
- Hand hygiene

### **How Germs Get Around**

- Contact
- Droplets and aerosols
- Vectors



#### BREAK THE CHAIN!

- Hand hygiene
- Respiratory etiquette
- Wearing a mask, additional PPE
- Cleaning and disinfection
- Isolating ill children until they can be picked up

### **How Germs Get In**

- Eyes, nose, mouth
- Respiratory tract
- Gastrointestinal tract
- Cuts in theskin



### BREAK THE CHAIN!

- Hand hygiene
- PPE
- Avoiding touching your mouth, nose or eyes with unwashed hands

#### **Next At Risk Individual**

Anyone! Some individuals may be more vulnerable than others, including:

- Infants
- Pregnant people,
- Those with weakened immune systems



## BREAK THE CHAIN!

- Immunization
- Nutrition
- Recognition & protection of vulnerable individuals

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