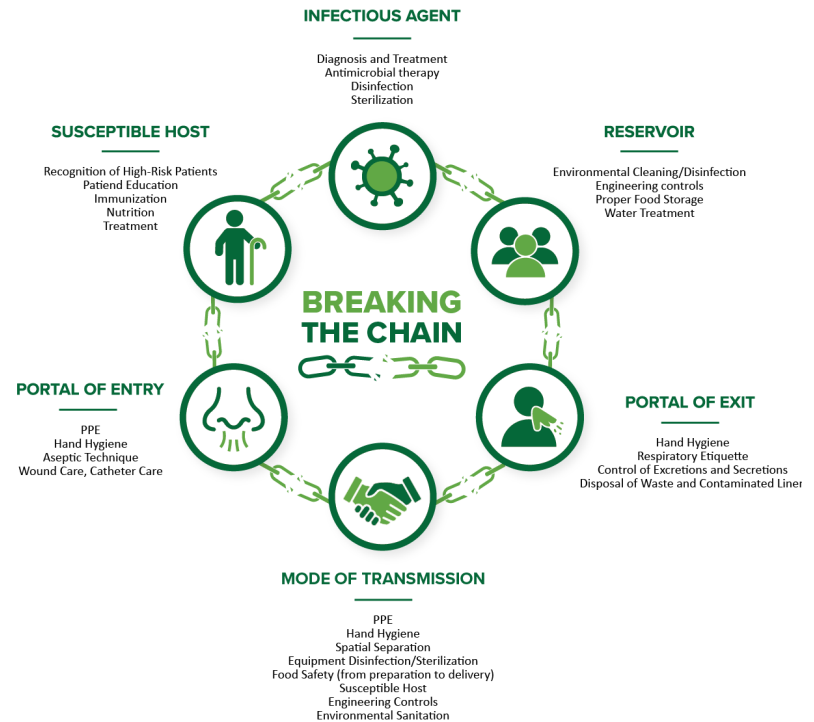# Break The Chain

The 'Chain of Infection' shows how germs can spread between people and make someone sick. As a health care worker you play an important role in preventing the spread of germs by interrupting this chain at any link.

INFECTIOUS AGENT
Diagnosis and Treatment
Antimicrobial therapy
Disinfection
Sterilization

SUSCEPTIBLE HOST
Recognition of High-Risk Patients
Patiend Education
Immunization
Nutrition
Treatment

RESERVOIR
Environmental Cleaning/Disinfection
Engineering controls
Proper Food Storage
Water Treatment

BREAKING THE CHAIN

PORTAL OF ENTRY
PPE
Hand Hygiene
Aseptic Technique
Wound Care, Catheter Care

PORTAL OF EXIT
Hand Hygiene
Respiratory Etiquette
Control of Excretions and Secretions
Disposal of Waste and Contaminated Linen

MODE OF TRANSMISSION
PPE
Hand Hygiene
Spatial Separation
Equipment Disinfection/Sterilization
Food Safety (from preparation to delivery)
Susceptible Host
Engineering Controls
Environmental Sanitation

How You Can Break The Chain:

- Practice good hand hygiene
- Cover coughs and sneezes
- Stay home when you are sick
- Stay up-to-date on your immunizations (including COVID-19 boosters and flu shot)
- Follow Routine Practices and Additional Precautions, including Point of Care Risk Assessment (PCRA)
- Wear the appropriate PPE correctly and practice proper donning and doffing
- Clean and disinfect the environment and equipment
- Dispose of waste appropriately

How can you prevent the spread of illness?

Source: SHA Infection Prevention and Control

Saskatchewan Health Authority

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saskhealthauthority.ca