

Have you ever considered?

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October 16th through the 22nd is “International Infection Prevention Week (IIPW)”. This week is dedicated to raising awareness of infection prevention.

Hand hygiene has been identified as the number one method of preventing infections by washing with soap and water or using alcohol based gel. Bacteria and viruses are transmitted numerous ways, contact being one of the most common.

Your cell phone can be a carrier of germs. The type of illnesses you could get from germs on your cell phone are the types you get from touching surfaces and then touching your eyes, nose and mouth: flu, colds, and gastrointestinal and stomach illnesses.

To avoid catching a bug from your closest companion-aka, your cell phone-pay attention to these tips:

1. Wash your hands and keep your hands away from your eyes, nose and mouth.
2. Do not take your phone into the bathroom-certain bathroom particles can land on your phone.
3. Wipe your phone with an alcohol-based wipe periodically-it is important to disinfect your phone every so often. Check with your phone’s manufacturer on products that are safe for your device.
4. Do not place your phone on germ-y surfaces (e.g. bathroom floor). Germs from these surfaces get on your phone. Remember, your phone touches your face.
5. Think twice before giving your child your phone to play with.

Cold and flu season is starting, remember to wash your hands, get your influenza vaccine and **CLEAN YOUR PHONE**.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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