

HAND HYGIENE

**IT'S OK TO ASK NURSES,
DOCTORS, AND OTHER
HEALTH CARE PROVIDERS IF
THEY HAVE
CLEANED THEIR HANDS.**

**REMIND VISITORS TO
CLEAN THEIR HANDS.**

**HAND HYGIENE
THE BEST
WAY TO PREVENT
INFECTION**

Special care must be paid to hand hygiene as it is the best way to prevent the spread of germs.

GOOD HAND HYGIENE INCLUDES:

Alcohol-Based Hand Rub

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.



MANAGEMENT OF INVASIVE MENINGOCOCCAL DISEASE

**Information for Clients,
Residents, Families, and
Visitors**

WHAT IS MENINGOCOCCAL DISEASE?

- Invasive meningococcal disease (IMD) is a serious communicable disease caused by the bacteria *N. Meningitidis* resulting in meningitis (an infection of the lining of the brain and spinal cord) and bloodstream infections.
- Meningitis and bloodstream infections require immediate medical attention.
- The **incubation period** (time from contact to illness) can range from 2-10 days, most typically 3-4 days.
- The **infectious period** (time during which a person can spread it to others) is 7 days before the start of symptoms to 24 hours after the start of appropriate treatment.
- It is most common in children less than one year and in the 15 -19 year age group.

WHAT ARE THE SYMPTOMS OF MENINGOCOCCAL DISEASE?

Symptoms usually start suddenly and can include:

- Stiff neck
- Severe headache
- High fever
- Sensitivity to light
- Vomiting
- Irritability and drowsiness
- Purple, bruise-like skin rash

HOW IS IT DIAGNOSED AND TREATED?

- Samples of blood and spinal fluid are taken and sent to the lab for diagnosis.
- Antibiotics are used to treat this illness.

HOW IS IT SPREAD?

These bacteria can be carried by some individuals and not cause any problems. However, these individuals can transmit the infection to others.

It is spread through contact with oral or nasal secretions of the nose or mouth. This can occur by kissing, sneezing, or coughing, and by sharing eating or drinking utensils.

HOW IS IT PREVENTED?

- Practices such as good hand hygiene and routine cleaning.
- Cover coughs and sneezes; wash hands after coughing or sneezing.
- Do not share food/drinks, lipsticks, cigarettes, water bottles, etc.
- Children in NL routinely receive meningococcal vaccine at 12 months and in Grade 4.
- Vaccines may be given in some other cases on the advice of the Medical Officer of Health.

HOW CAN WE CONTROL IMD

- Droplet precautions are used while in hospital to prevent transmission to other clients or staff.
- Identify and treat close contacts. Close contacts include, but are not limited to:
 - ◊ Household members.
 - ◊ Children and staff in child care and nursery school facilities.
 - ◊ Individuals having direct contact with the secretions of the mouth or nose of the infected individual.
- Those considered close contacts of the infected individual will be prescribed an antibiotic. This medication lowers the risk of getting the disease and the risk of spreading it to others.
- Any individual who has been in close contact with the infected individual and who gets sick must be seen by a health professional right away.