

Infection Control

The Basics

For all incarcerated people in the Department of Corrections

Basic Infection Control Measures Make a Difference!

- Wash hands frequently
- Cover your mouth when you cough or sneeze: Best practice is to sneeze into your elbow!
- Wear a mask when desired or it is required
- Clean areas in your housing unit including all high touch areas including phones, counters, etc.
- Let officers or healthcare staff know when you are sick



Wash Hands Frequently

Use soap and water or non alcohol
hand sanitizer!

How does washing my hands help?

- Handwashing with soap or antiseptic hand sanitizer removes germs from hands. This helps prevent infections because:
 - People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
 - Germs can be in some types of shared foods or drinks, and make people sick.
 - Germs from unwashed hands can be transferred to other objects, like phones, computers, table-tops, or counters, and then transferred to another person's hands and make them sick too.

Proper Hand washing with soap and water

A stylized illustration of two hands being washed. The hands are light skin-toned and are positioned in the center of the frame. They are surrounded by numerous white, circular soap bubbles of varying sizes. The background is a soft, light blue with abstract, darker blue wavy shapes that suggest water or a sink. The overall style is clean and modern.

When using soap and water:

- When cleaning your hands with soap and water, wet your hands first with water,
- Apply the amount of product (soap) recommended by the manufacturer to your hands,
and rub your hands together vigorously for at least 15-20 seconds, covering all surfaces of the hands and fingers.
- Rinse your hands with water and use disposable towels to dry. Use towel to turn off the faucet.
- Use paper towel to open door to exit and then discard paper towel.

Technique for using alcohol-based or non alcohol hand sanitizer to wash your hands

- When using hand sanitizer:
- Put product on hands and rub hands together
- Cover all surfaces until hands feel dry
- This should take around 20 seconds



Stop the spread of germs

Germs can be easily spread by:

- Coughing
- Sneezing
- Talking
- Singing

Cover your mouth when you cough or sneeze!

- Reduce the germs you spread by making sure your mouth is covered!
- Use your elbow – not your hands! Best Practice!
- Use a tissue if you must use your hands!



Wear a mask

- If you are concerned about illness or germs, you can wear a mask!
- The mask must cover your nose and mouth completely to be helpful at preventing the sharing of germs.
- Change the mask when it gets wet or dirty.
- Dispose of a dirty mask in a closed trash bucket.

Thank You!

Developed in cooperation and collaboration with the Office of the Ombudsman
(last updated: January 2023)