

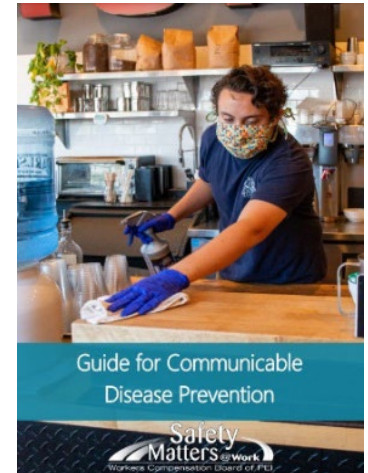
# Communicable Disease Prevention

## What is a Communicable Disease?

Communicable disease is an illness caused by an infectious agent such as a virus or bacteria that can be spread from person to person in a workplace. Common examples of communicable diseases include seasonal flu, norovirus, and COVID-19. To help prevent the spread of communicable illnesses, clean and disinfect shared surfaces often, practice proper hand washing and stay home when sick.

## Communicable Disease Prevention Guide

The Workers Compensation Board of PEI has developed a [Communicable Disease Prevention Guide](#) to help employers create a communicable disease prevention plan. The guide outlines practical measures to help reduce the spread of communicable disease and includes additional steps for times of elevated risk, such as during flu season or an outbreak. The guide also includes a useful template to help document and communicate prevention measures.



## How Everyone Can Help Prevent the Spread

- Wash your hands often. Wash with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover coughs and sneezes with your sleeve or shoulder, not your hands.
- Stay home when you are sick to prevent spreading illness to others.

## Hand Hygiene Video

Watch WorkSafe BC's video [Hand Hygiene: How to Reduce the Spread of Germs](#) to learn the proper techniques for handwashing and for using sanitizer. Practicing good hand hygiene is one of the most effective ways to prevent the spread of germs and communicable diseases.

## How Employers Can Help Prevent the Spread

- Ensure hand hygiene stations are available and stocked.
- Provide hand sanitizer that meets [Health Canada standards](#) in areas without access to sinks and employees working off-site.
- Post signage reminders for workers to wash hands frequently, cover coughs and sneezes.
- Maintain a clean and sanitary work environment through routine practices appropriate for your workplace.
- Disinfect frequently touched surfaces such as workstations, doorknobs, handles, railings, and shared equipment using disinfectants that meet Health Canada standards or soap and water. Follow manufacturer's instructions and PPE recommendations.
- Ensure ventilation systems are functioning properly to support good air quality.

## Poster Resources:

[When to Wash Your Hands \(WorkSafe BC\)](#)

[Cover Coughs and Sneezes \(WorkSafe BC\)](#)

[Prevent the Spread – 5 Healthy Hygiene Habits \(CCOHS\)](#)

[Prevent the Spread of Infections \(CCOHS\)](#)

[How to Hand Rub \(World Health Organization\)](#)

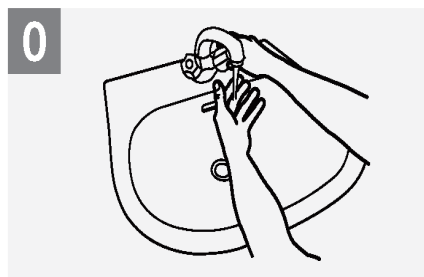
[How to Hand Wash \(World Health Organization\)](#)



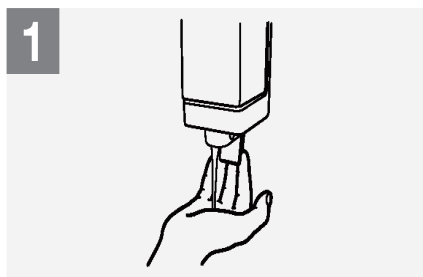
# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

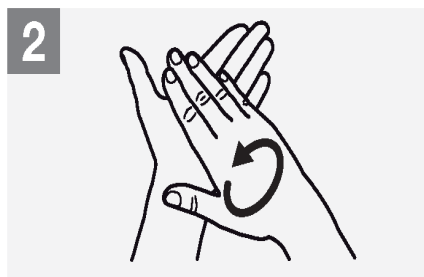
 Duration of the entire procedure: 40-60 seconds



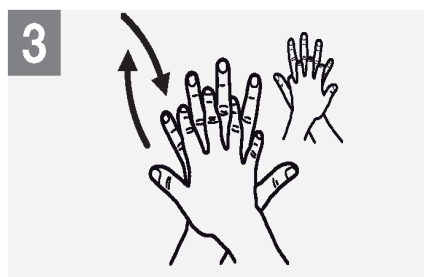
Wet hands with water;



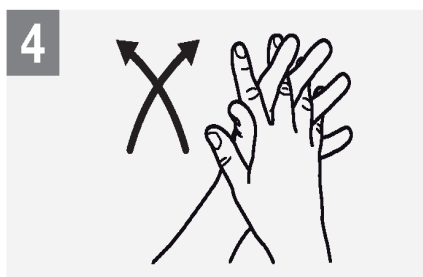
Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



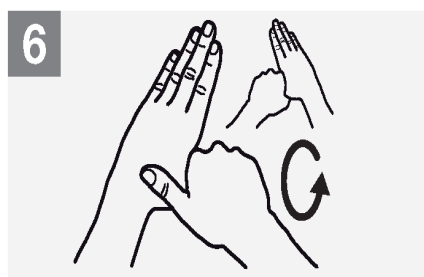
Right palm over left dorsum with interlaced fingers and vice versa;



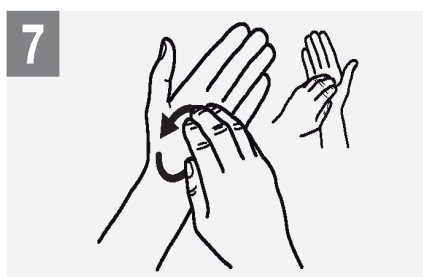
Palm to palm with fingers interlaced;



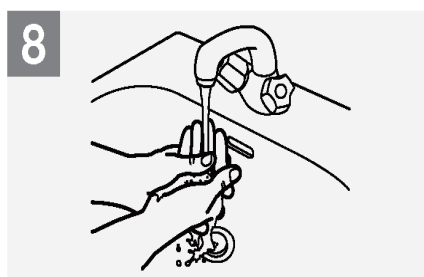
Backs of fingers to opposing palms with fingers interlocked;



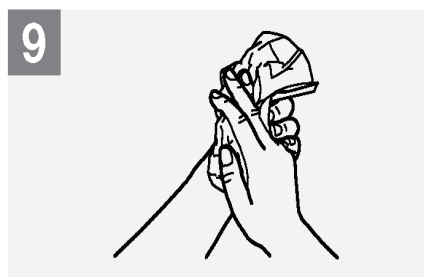
Rotational rubbing of left thumb clasped in right palm and vice versa;



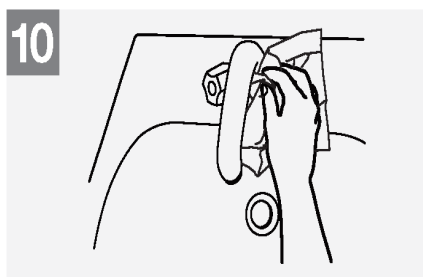
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



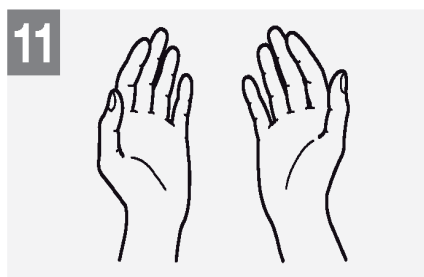
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

**SAVE LIVES**

**Clean Your Hands**

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