

# The Seven Habits of Uninfected People

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## 1. Hand and body hygiene

- Wash hand and body parts that are soiled or potential contaminated
- Wash child and adults toys that are soiled or potential contaminated

## 2. Respiratory etiquette

- Cover the nose/mouth when coughing or sneezing;
- Use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use;
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic handwash ) after having contact with respiratory secretions and contaminated objects/materials.

## 3. Get vaccinated

- Childhood vaccinations
- If not immune, get vaccinated against hepatitis A and B
- Other vaccines as indicated

## 4. Food safety

- Food storage
- Food preparation
- Food handling

## 5. Safer sex

- use barrier protection to avoid genital fluids and ulcerative lesions
- avoid fecal-oral exposures
- wash and disinfect sex toys

## 6. Safer injection

- If you don't inject drugs, don't start
- If you inject, enter program to get off

- If you continue to inject, use new works and don't share

## **7. Infection control basics**

- Standard precautions
- Transmission-based precautions
  - Contact precautions
  - Droplet precautions
  - Airborne precautions