

# Alpha Delta Pi

BE THE FIRST

## INFECTION AND COMMUNICABLE DISEASES EDUCATION

For many of our facilities, our members are in close physical contact for extended periods of time. Because of this, communicable diseases and infection could spread easily within our facilities. In order to assist those who work closely with ADPi facilities, helpful information from our insurance carrier, the Centers for Disease Control (CDC), and other resources have been compiled to create this document. It should be stated as a disclaimer, that staff of Alpha Delta Pi are not medical professionals, and the information shared here does not take the place of advice a medical professional might give to you. This information is shared from a place of prevention and risk reduction education and is intended to provide House Corporations, other volunteers, and chapter officers with guidance and practical information to prevent and limit the spread of infection and communicable diseases between members.

### THE BASICS

#### Definitions:

**Infectious Disease (Infection):** A disorder cause by a microorganism, such as bacteria, virus, fungus, or parasite and may or may not be transferable to new individuals. Examples include:

- Lyme Disease
- Influenza
- Mumps
- Measles
- Meningitis (Bacterial or Viral)
- Pertussis (Whooping cough)
- Coronavirus (COVID-19)
- Tetanus

**Communicable Disease:** A disease that is an infectious disease that is contagious and can be transmitted from one source to another. Examples include:

- Influenza
- Mumps
- Measles
- Viral Meningitis
- Pertussis
- Coronavirus (COVID-19)

**Chain of Infection:** Factors that are crucial to the spread of communicable diseases including infective agents (bacteria, viruses, etc.), source of infection (reservoir), mode of transmission, and a susceptible host.

### HOW DO COMMUNICABLE DISEASES GET TRANSMITTED?

Communicable diseases can be spread multiple ways and can be spread through contact, droplets, air, a common vehicle, or a vector (insects). This is also known as the Chain of Infection. Contact transmission is the most common mode of transmission which can be through direct or indirect contact of an infected individual. Direct contact refers to person-to-person spread of microorganisms through direct physical body contact (i.e. touching hands can transfer scabies). Indirect

contact can occur when a susceptible person comes in contact with a contaminated object (i.e. a towel can transfer conjunctivitis). Droplet transmission occurs when droplets are generated when a person talks, coughs, or sneezes and another person is in close proximity (i.e. a sneeze can transfer the flu). Airborne transmission occurs when an airborne droplet or dust particle containing a microorganism remains suspended in the air for an extended period of time and is then inhaled by a host (i.e. chickenpox). Common vehicle transmission occurs when microorganisms are spread through contaminated water, food, or equipment (i.e. food poisoning). Lastly, a vector-borne transmission is when an insect bites or touches a person (i.e. a tick bite can cause Lyme Disease).

## WHAT IS INFECTION CONTROL?

Infection control practices are critical in reducing the transmission of communicable diseases and infection. Infection control includes various measures that prevent and contain the spread of infectious disease. To prevent and control communicable diseases, controlling the infection should be implemented by removing the infective agent, identifying and removing the source of infection, limiting and eliminating the mode of transmission, and breaking the chain of infection. Such measures include:

- Disinfection and killing of infectious disease
- Detection and isolation of a sick individual
- Maintenance of a good environment and good personal and food hygiene
- Encouragement of personal immunity through healthy habits, lifestyles, and immunization

The above measures can be performed by encouraging and ensuring:

- Routine environmental cleaning and disinfection of the facility
  - Cleaning and disinfection of the environment and frequently touched surfaces
  - Waste disposal by ensuring trash and waste are removed from kitchens and restrooms daily
- Alternative and/or isolated accommodations for an individual that is believed to be contagious
- Good hygiene habits of members
  - Thorough hand washing
    - Perform hand washing before touching mouth, nose, and eyes; before handling, preparing, or serving of food; after sneezing or coughing; after using the restroom; and after touching public handrails, doorknobs, etc.
    - Good technique includes wetting, lathering with soap, scrubbing for 40-60 seconds, rinsing, and drying hands
  - Showering often
  - Washing clothes and linens often
  - Not sharing personal items such as towels or razors
  - Cough/sneeze etiquette
    - Covering nose and mouth when coughing/sneezing with tissue or mask
    - Washing hands after contact with respiratory secretions
  - Other good health habits including good eating and a balanced diet, adequate rest and sleep, and regular exercise
- Education regarding vaccinations

## RESOURCES

Resources used to create this document include:

“Infectious Diseases.” *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 17 July 2019, [www.mayoclinic.org/diseases-conditions/infectious-diseases/symptoms-causes/syc-20351173](http://www.mayoclinic.org/diseases-conditions/infectious-diseases/symptoms-causes/syc-20351173). Accessed March 2, 2020.

“Guidelines on Infection Control & Prevention in Hotel Industry.” *Centre for Health Protection*, Department of Health, Hong Kong, [https://www.chp.gov.hk/files/pdf/105\\_guideline\\_on\\_infection\\_controland\\_prevention\\_in\\_hotel\\_industry.pdf](https://www.chp.gov.hk/files/pdf/105_guideline_on_infection_controland_prevention_in_hotel_industry.pdf). Accessed March 2, 2020.

“2020 National Notifiable Infectious Diseases.” *Center for Disease Control and Prevention*, Office of Public Health Scientific Services, <https://wwwn.cdc.gov/nndss/conditions/notifiable/2020/infectious-diseases/>. Accessed March 2, 2020.