

# Breaking the Chain of Infection

**Breaking the chain of infection** means stopping the way germs spread from one person or place to another.

There are six steps in this chain, and stopping even one step can help prevent the disease from spreading.

## Next Sick Person

**(Prevention: Susceptible Host)**

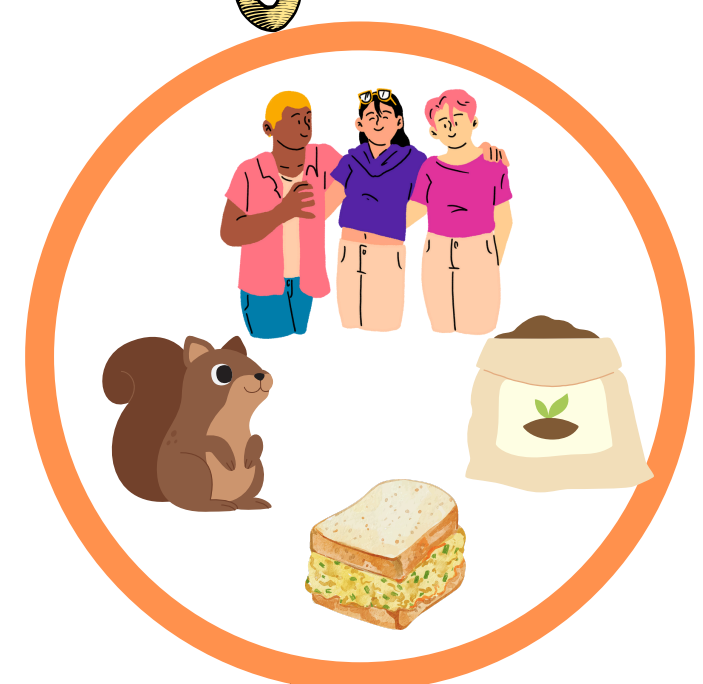
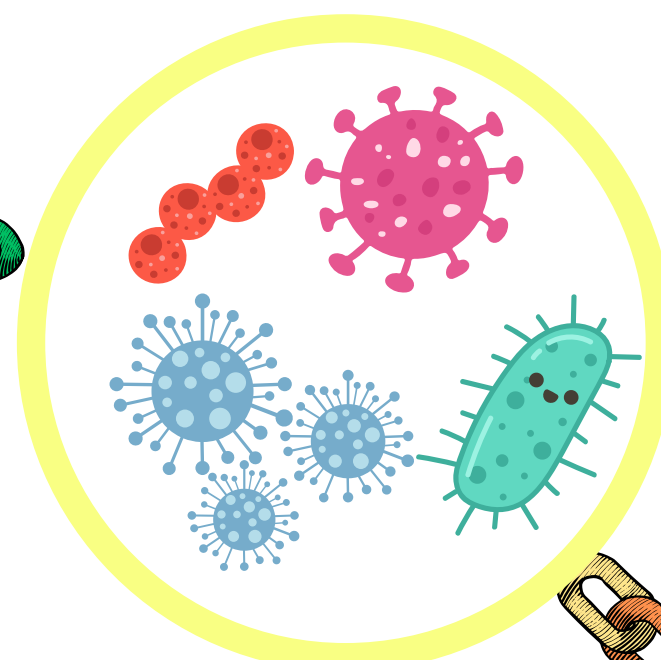
- Vaccination
- Proper nutrition and rest
- Managing chronic conditions



## Germs

**(Prevention: Agent)**

- Antibiotics/Antivirals
- Disinfection and sterilization of medical equipment
- Vaccination



## Where Germs Live

**(Prevention: Reservoir)**

- Isolation
- Cleaning and Disinfection
- Hand washing



## How Germs Get Out

**(Prevention: Portal of Exit)**

- Masks
- Covering wounds
- Proper disposal of waste



## Germs Get Around

**(Prevention: Mode of Transmission)**

- Hand Hygiene
- Social Distancing
- Appropriate PPE Selection
- Additional Precautions
- Cleaning and Disinfection

## How Germs Get In

**(Prevention: Portal of Entry)**

- Wearing appropriate PPE (Gloves, gown, eye protection, mask)
- Hand Hygiene



Reference:

Public Health Agency of Canada. (2024, April 9). Respiratory infectious diseases: Break the chain of infection. Government of Canada. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/break-chain-infection-respiratory-infectious-diseases.html>