

# Infection caused by bacteria

[Science](#), [Biology](#)



Infection are spread through different means : Stool Contact with blood  
Sneezing and coughing Airborne disease Contaminated objects Direct  
physical contact The methods to reduce the spread of infection Make sure  
that everyone clean their hand before and after having the meal, visiting the  
toilet and changing nappies with soap and water Make sure that all the toys  
and quipment used for child are safe and clean Throw awayfoodthat has  
gone bad Keep the surrounding clean Keep the kitchen neat and tidy  
Standard methods of washing hands : hand washing is the best way to  
prevent germs from spreading and to keep ourselves from getting sick .

Good hand washing is the first line of defense against the spread of many  
illnesses, from the common cold to more serious illnesses such as  
meningitis, , influenza, hepatitis A, and most types of infectious diarrhoea.  
Some infections are caught when other people's dirty hands touch the food  
we eat. Hands and wrists should be washed with clean soap and water, using  
a brush if your fingernails are dirty.

We should Dry our hands with something clean, such as paper towels or hot  
air dryers Identify when personal protective equipment should be used :  
Personal protective equipment (PPE) is special gear which is use to protect  
the wearer from specific hazards of a hazardous substance. PPE includes  
gloves, respiratory protection, eye protection, and protective clothing.

Gloves should be worn whenever the possibility of skin contact with  
hazardous chemicals exists. When the possibility of chemical contamination  
exists, protective clothing, which resists physical and chemical hazards,  
should be worn. gloves should be changed whenever they become

contaminated with the chemical. Make sure to check for pinholes before use, wash or decontaminate gloves before removing, and wash hands after removing.