

What infection am I?

INFECTION PREVENTION WEEK 2022

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What infection am I?

Fast fact

I am otherwise known as varicella zoster virus. I stay in your body, and I can come back later as shingles.

Common symptoms



Fever



Sore throat



Rash



Headache

Transmission



Droplet

- Cough
- Sneeze



Contact

- Blister fluid

Complications

Scarring, cellulitis, pneumonia, encephalitis, bleeding disorders and death.

Prevention

Vaccinate, isolate if infected (talk to your doctor), washing your hands often and covering your coughs and sneezes.

Answer: I am chicken pox

What infection am I?

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What infection am I?

Fast fact

I am a contagious liver infection, and children who contract my virus are more likely to have serious liver disease later in life.

Common symptoms



Jaundice



Fever



Stomach pain



Vomiting

Transmission



Contact

- Mother to child at birth
- Infected bodily fluids
- Unprotected sex
- Sharing needles

Complications

Liver disease, liver cancer and even death.

Prevention

Vaccinate, practice safe sex and don't share needles.

Answer: I am Hepatitis B

What infection am I?

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What infection am I?

Fast fact

I am a respiratory disease spread by birds and I am caused by type A influenza viruses.

Common symptoms



Fever



Sore throat



Cough



Headache

Transmission



Droplet

- Inhalation



Contact

- Infected avian fluids
- Contaminated raw poultry meat
- Ingestion

Complications

Eye infections, pneumonia, acute respiratory distress, inflammation of the brain and heart and death.

Prevention

Culling affected poultry flocks, rigorous quarantine practices and washing hands.

Answer: I am avian influenza or bird flu

What infection am I?

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What infection am I?

Fast fact

I am a highly contagious, notifiable virus that causes severe gastroenteritis, particularly in young children.

Common symptoms



Fever



Vomiting



Diarrhoea



Dehydration

Transmission



Droplet

- Cough
- Sneeze



Contact

- Faeces
- Contaminated surfaces
- Food

Complications

Dehydration, shock or death.

Prevention

Vaccinate, practice hand hygiene, disinfect surfaces and isolate if infected (talk to your doctor).

Answer: I am Rotavirus

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

I am a bacterial infection that is resistant to the carbapenem class of antibiotics. My infections usually occur in a healthcare setting.

Common symptoms



Fever



Rapid pulse rate



Swelling



Pain at site

Transmission



Contact

- Hands
- Surfaces
- Medical equipment

Complications

I might enter the bloodstream and cause blood infections, abscesses, urinary tract infections (UTIs), wound infections and pneumonia.

Prevention

Practice hand hygiene, disinfect surfaces, single room isolation and observe contact precautions.

Answer: I am Carbapenem-Resistant
Enterobacteriaceae or CRE

References & resources available at
gamahealthcare.com.au/IPCweek2022

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What infection am I?

Fast fact

I am an anaerobic, spore-forming, gram-positive bacterium associated with gastrointestinal disease.

Common symptoms



Diarrhoea



Abdominal cramps



Fever



Elevated white
cell count

Transmission



Contact

- Soil
- Water
- Food
- Animals

Complications

Dehydration, kidney failure, life-threatening damage to the colon and death.

Prevention

Antimicrobial stewardship (AMS) programs, transmission precautions, single-room isolation, disinfect surfaces and hand hygiene.

Answer: I am *Clostridioides difficile* or *C. diff*

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

This disease is a highly contagious, viral illness that mainly affects young children.

Common symptoms



Fever



Tiny blisters



Sore throat



Tiredness

Transmission



Droplet

- Cough and sneeze



Contact

- Body fluids
- Surfaces

Complications

In rare cases it can affect the heart, brain, lungs or eyes.

Prevention

Good hand hygiene, covering sneezes and coughs, stay home if infected (talk to your doctor).

Answer: I am Hand, foot and mouth disease or coxsackievirus

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

I am a rare and life-threatening form of pneumonia, or lung inflammation mostly caused by inhaling certain *Legionella* bacteria from water or soil.

Common symptoms



Headache



Muscle pain



Fever



Cough blood

Transmission



Droplet

- Inhalation of aerosolised water

Complications

Severe pneumonia, respiratory failure, shock and acute kidney and multi-organ failure.

Prevention

Maintain and treat water systems, wear gloves and mask when handling soil and wash hands.

Answer: I am Legionellosis disease

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

I am a rare disease that can spread through the urine of infected animals. I am most common in tropical climates.

Common symptoms



Fever



Red eyes



Stomach pain



Diarrhoea

Transmission



Contact

- Water
- Animals
- Hands
- Body fluid
- Soil
- Food

Complications

In rare cases, causes kidney damage, liver failure or meningitis and death.

Prevention

Avoid contact with contaminated water sources, shower thoroughly after contact, use gloves when gardening, practice hand hygiene and disinfect surfaces.

Answer: I am Leptospirosis

References & resources available at
gamahealthcare.com.au/IPCweek2022

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What infection am I?

Fast fact

I am a rare but life threatening infection. Between 10% and 20% of people carry my bacteria in their nose or throat without any signs of illness.

Common symptoms



Fever



Headache



Stiff neck



Rash

Transmission



Droplets

- Respiratory droplets
- Throat secretions (saliva or spit)

Complications

Loss of limbs, deafness, kidney or liver failure and death.

Prevention

Vaccination.

Answer: I am Meningococcal disease

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

This pathogen was first identified in the 1960's and was mainly found in hospitals and nursing homes.

Common symptoms



Skin infection



Fever



Swelling



Dizziness

Transmission



Droplet

- Infection/colonisation in lower respiratory tract



Contact

- Hands
- Bodily
- Fluid
- Surfaces

Complications

Bloodstream infections, pneumonia and surgical site infections.

Prevention

Practice hand hygiene, keep wounds clean and covered, avoid sharing personal items and disinfect surfaces.

Answer: I am Methicillin-resistant Staphylococcus aureus or MRSA

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

I am also known as viral zoonotic disease and have similar symptoms to smallpox virus. I was first reported in Australia in May 2022.

Common symptoms



Headache



Fever



Swollen glands



Rash

Transmission



Droplet

- Cough or sneeze with prolonged close contact
- Body fluids



Contact

- Infected person
- Zoonotic transmission
- Contaminated material

Complications

Pneumonia, sepsis, encephalitis, loss of vision and death.

Prevention

Vaccinate, isolate if infected (talk to your doctor) and practice hand hygiene.

Answer: I am Monkeypox

What infection am I?

INFECTION PREVENTION WEEK 2022

What infection am I?

Fast fact

Common bacteria found in healthy people that sometimes causes an infection that can be resistant to a strong antibiotic.

Common symptoms



Rapid pulse rate



Fever



Swelling



Pain

Transmission



Contact

- Hands
- Surfaces
- Medical equipment

Complications

Endocarditis, urinary tract, bloodstream, wound and intra-abdominal infections.

Prevention

Contact based precautions, practice hand hygiene and disinfect surfaces.

Answer: I am Vancomycin-resistant enterococci or VRE

What infection am I?

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What infection am I?

Fast fact

I am a group of bacteria found in the gut, some of my strains can cause mild to serious illnesses, others cause no harm at all.

Common symptoms



Diarrhoea



Food poisoning



Stomach pain



Vomiting

Transmission



Contact

- Meat
- Unpasteurised dairy products
- Fruit & vegetables
- Hands

Complications

Pneumonia, Hemolytic Uremic Syndrome (HUS), meningitis in newborn babies, inflammation of the gallbladder (cholecystitis) and death.

Prevention

Avoid risky food, wash contaminated clothing, practice hand hygiene, disinfect surfaces and isolate if infected.

Answer: I am *Escherichia coli* (*E. coli*)

What infection am I?

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What infection am I?

Fast fact

I am highly contagious, and I usually occur in winter. I exist as many different strains, and can change every year.

Common symptoms



Runny nose



Fever



Sore throat



Cough

Transmission



Droplet

- Coughs
- Sneeze
- Inhalation



Contact

- Hands
- Contaminated surfaces

Complications

Bronchitis, croup, pneumonia, heart damage, brain damage and death.

Prevention

Vaccination, practice hand hygiene, cover coughs and sneezes, disinfect surfaces, isolate if infected.

Answer: I am Influenza

What infection am I?

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What infection am I?

Fast fact

I am known as 'stomach flu' and 'viral gastro.' I am Australia's most common cause of gastroenteritis and every year I affect 1.8 million people.

Common symptoms



Vomiting



Diarrhoea



Stomach pain



Fever

Transmission



Droplet

- Vomit



Contact

- Vomit
- Faeces
- Hands
- Contaminated surfaces
- Food

Complications

Dehydration, hospital care may be required.

Prevention

Practice hand hygiene, disinfect surfaces, implement safe food handling systems and isolate if infected (talk to your doctor).

Answer: I am Norovirus

What infection am I?

INFECTION PREVENTION WEEK 2022

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What infection am I?

Fast fact

This disease is the name for any infection caused by a certain bacteria. They can range from ear and sinus infections to pneumonia.

Common symptoms



Fever



Sinusitis



Chest pain



Difficulty breathing

Transmission



Droplet

- Saliva
- Mucous
- Sneezes
- Coughs



Contact

- Hands
- Surfaces

Complications

Pneumonia, hearing loss, brain damage, bone infection, meningitis and death.

Prevention

Vaccine available, wash hands, practice environmental cleaning and isolate.

Answer: I am Pneumococcal disease

References & resources available at
gamahealthcare.com.au/IPCweek2022

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What infection am I?

Fast fact

I am a type of bacteria found in soil and water. I most often cause infections in humans, and I can become multi-drug resistant.

Common symptoms



Fever



Ear pain



Coughing



Joint pain

Transmission



Contact

- Hands
- Surfaces
- Soil
- Equipment

Complications

Infections in the blood, lungs (pneumonia) and other parts of the body after surgery.

Prevention

Practice hand hygiene, environmental cleaning, sterilise medical devices and healthcare facilities should have water management plans.

Answer: I am *Pseudomonas aeruginosa*

What infection am I?

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What infection am I?

Fast fact

I am a highly contagious virus that infects the airways and lungs, but I am not the common cold.

Common symptoms



Fever



Runny nose



Coughing



Ear infections

Transmission



Droplet

- Talking
- Sneezes
- Coughs



Contact

- Infected people
- Surfaces

Complications

Pneumonia, bronchiolitis, complications with asthma and breathing difficulties and in severe cases death.

Prevention

Practice hand hygiene, disinfect surfaces, isolate if infected (talk to your doctor) and cover your sneeze or cough.

Answer: I am Respiratory Syncytial Virus or RSV

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What infection am I?

Fast fact

I am a respiratory disease transmitted via pigs.

Common symptoms



Fever



Lethargy



Coughing



Runny nose

Transmission



Droplet

- Sneezes
- Coughs



Contact

- Infected people or pigs

Complications

Lung damage and pulmonary emboli.

Prevention

Isolate if infected, washing your hands often, covering your coughs and sneezes and keep all surfaces you touch clean.

Answer: I am Swine influenza (swine flu)

References & resources available at
gamahealthcare.com.au/IPCweek2022