

Infection prevention week 2022: 16<sup>th</sup>- 22<sup>nd</sup> October.

Over the pandemic, we have learnt many valuable lessons about infection prevention. Yet, COVID-19 is not the only viral infection that we are at risk of catching. October 17 to 23 is Infection Prevention Week this year's theme is: *"The Future is Infection Prevention: 50 Years of Infection Prevention"*. So, I thought I'd take the opportunity to remind everyone about the precautions we need to take to keep the wonderful community of [INSERT ELECTORATE/STATE HERE] safe. These include:

**Cleaning contact surfaces in our homes and workplaces:**

Cleaning and disinfecting high-touch surfaces in your home and workplace regularly is an important precaution to lower the risk of infection. Always make sure you follow the manufactures instructions when using cleaning and disinfecting products.

**Washing our Hands:**

Washing your hands is one of the best lines of defence against any disease. Wash hands frequently with soap and water for at least 20-30 seconds.

**Monitoring our health:**

If you suspect that you, or someone you care for, may be sick, please contact one of our fantastic local health services and ask what you should do.