

## COMMUNICABLE AND INFECTIOUS DISEASE POLICY

1. Wash your hands frequently (about 15-20 seconds) (before/after treating patients; after using the restroom; after coughing/sneezing)
2. Do not share drinks; no “double dipping”
3. Cover your mouth/nose with a tissue when coughing or sneezing, then dispose of own tissue
4. Wear a mask if you are sick, to prevent others from becoming sick
5. Wash/disinfect working surfaces per BBP/universal precautions guidelines

### PREVENTING THE SPREAD OF GERMS AT CLASS AND WORK

#### Spreading of Germs

- Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

#### Preventing the Spread of Germs

- 1. Cover your mouth and nose when you sneeze or cough.**
  - Cough or sneeze into a tissue and then throw it away.
  - Cover your cough or sneeze if you do not have a tissue.
  - Then, clean your hands, and do so every time you cough or sneeze.
- 2. Clean your hands often.**
  - When available, wash your hands with soap and warm water then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds
    - It is soap combined with the scrubbing action that helps dislodge and remove germs.
  - When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.
    - You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu
- 3. Avoid touching your eyes, nose, or mouth**
  - Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.
- 4. Stay home when you are sick and check with a health care provider as needed.**
  - When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.
- 5. Notify your Preceptor, Instructors, and Clinical Education Coordinator as soon as possible regarding your ability to attend class and clinical experience.**
  - Your professor/employer may require a doctor's note for an excused absence. Remember: keeping your distance may protect others from getting sick

**6. Practice other good health habits.**

- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

**Common Signs and Symptoms of the Flu:**

- Fever (usually high)
- Headache
- Extreme tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting, and diarrhea (much more common among children than adults)

I hereby certify that I have read and understand the prevention strategies for the transmission of communicable and infectious diseases as outlined above. I agree to abide by these strategies to the best of my ability.

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Athletic Training Student Signature

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Date

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Print Name