



# Centro di Ateneo per la Solidarietà Internazionale - CeSI

In collaboration with

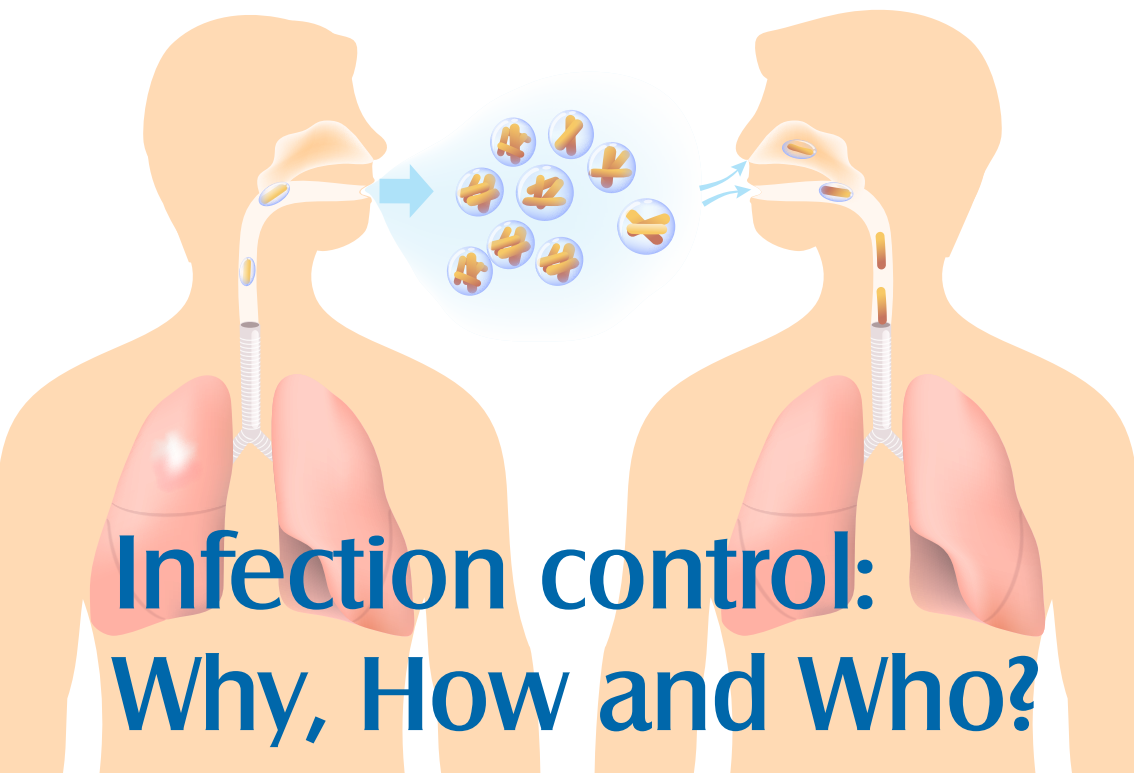


**CONSOLATA HOSPITAL**  
**IKONDA**  
P. O. BOX 700 - NJOMBE TANZANIA

Sponsored by



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Comitato per gli Interventi Caritativi  
a favore del Terzo Mondo



## Infection control: Why, How and Who?



**UNIVERSITÀ  
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# The Project

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Project 7/2015

**Strategies to control hospital infections and tuberculosis in Consolata Hospital Ikonda in Tanzania: training courses for a good clinical practice**



## *Objectives and Outcomes*

The main goal of the project is to reduce the incidence and the mortality rate related to hospital infections. Particularly, the object of the intervention is to promote a correct treatment of tuberculosis patients of the Consolata Hospital Ikonda.

Afterwards, the project aims to facilitate a program to control the hospital infections. One of the expected outcomes is to improve the monitoring of respiratory infections in every ward, paying specific attention to tuberculosis. This leaflet provides some information, directly from official guidelines of the Center for Disease Control (CDC), to keep tuberculosis under control.

## Why?

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Thousands people die every day all over the world because of respiratory infections, especially tuberculosis.

Tuberculosis is a weighty sanitary problem distributed in many areas of the world.

## Who?

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This leaflet is addressed to:

- health-care workers who serve high-risk patients;
- health-care workers who are unknowingly exposed to TB patients;
- close contact;
- foreign-born people coming from areas with high TB incidence;
- residents and staff from high-risk congregate settings.

## How?

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TB is spread through the air and the germs are transmitted when an infected person coughs, laughs, sings, or sneezes.

How transmission is spread:

- by airborne;
- by droplet nuclei;
- infectiousness of patient;
- environmental conditions;
- duration of exposure.

It is important to stress that not all people who are exposed become infected.

## How?

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Characteristics of a TB patient that increase the risk of infection:

- cough;
- undergoing cough-inducing or aerosol-generating procedure;
- failure to cover the mouth when coughing;
- cavitation on chest radiograph;
- positive acid-fast-bacilli (AFB) in sputum smear test;
- disease of respiratory tract, larynx, lung or pleura;
- inadequate TB treatment.

Environmental factors that increase risk of transmission:

- exposure in small, enclosed spaces;
- inadequate ventilation;
- recirculation of air containing infectious droplets;
- inadequate cleaning and disinfection of equipment;
- improper specimen-handling procedures.

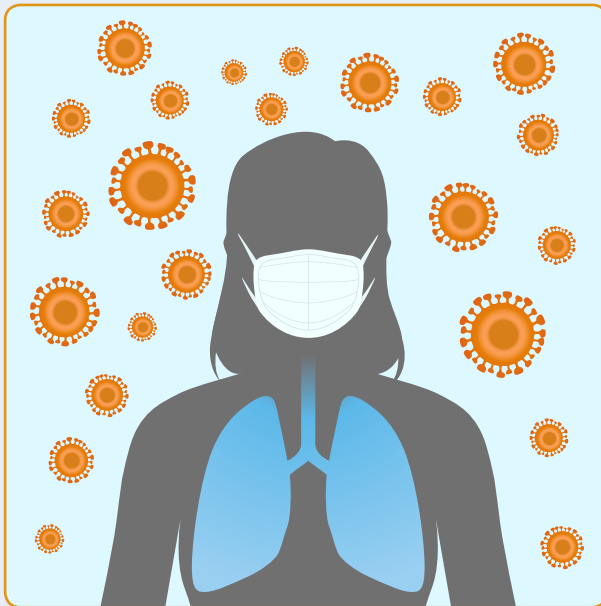
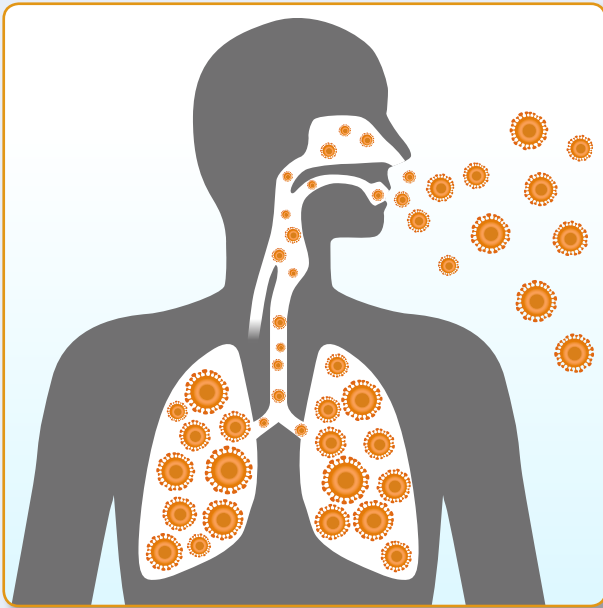
## Prompt triage! Think TB!

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Your useful checklist to follow in TB treatment in case of undiagnosed or unrecognized infectious:

1. promptly initiate precautions and manage or transfer patients with suspected or confirmed TB;
2. ask about and evaluate for TB;
3. check for signs and symptoms;
4. mask symptomatic patients;
5. separate immunocompromised patients.

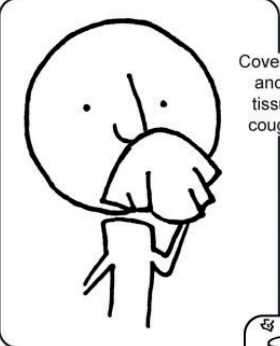
## Protect others. Protect yourself!




## If you cough, put the mask!

**Stop the spread of germs that make you and others sick!**



# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.




Put your used tissue in the waste basket.




You may be asked to put on a surgical mask to protect others.

## Clean your Hands


after coughing or sneezing.



Wash with soap and water or clean with alcohol-based hand cleaner.



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Figure 1, "Cover your Cough" materials are the property of Minnesota Department of Health and are available on <http://www.cdc.gov/flu/protect/covercough.htm>

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