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## Nursing care plans for infection prevention

Infections are caused by microscopic organisms known as pathogens-bacteria, viruses, fungi, or parasites-that enter the body, multiply, and interfere with normal functions. Infectious diseases are the leading cause of disease and death in the United States and around the world. For some people - especially those who have underlying diseases such as heart disease or cancer, those who have serious injuries, or those who take medications that weaken the immune system - it is more difficult to avoid disease infections. Living in a rich country like the United States, the threat we face from deadly viruses, bacteria and parasites may seem remote, but these infectious microbes are still present among us, according to Dr. Michael Klompas, writing in the Harvard Medical School Special Health Report on viruses and diseases. Dr. Klompas is an infectious disease specialist at Brigham and Women's Hospital, which is affiliated with Harvard. However, for most healthy people, following a few basic principles can go a long way in helping prevent infections. Understanding how infections are transmitted can help you avoid the disease. Not so long ago, no one understood that infectious diseases were caused by tiny organisms that ranged from person to person. Even now, even though we know that microscopic living microbes cause disease, as they do, it is not always obvious. But we know that most microbes enter through holes in the body - through the nose, mouth, ears, mouths and genital passages. They can also be transmitted through our skin by insects or animal bites. The best way to prevent infections is to block pathogens from entering the body. Good hygiene: the primary way to prevent infections. The first line of defense is to keep bacteria at bay by following good personal hygiene habits. Prevent infection before it starts, and avoid spreading to others with these simple measures. Wash your hands well. Probably wash your hands after using the bathroom, before preparing or eating food, and after gardening or other dirty tasks. You should also wash after blowing your nose, coughing or sneezing; feeding or stroking your pet; or visiting or caring for a sick person. Moisten your hands thoroughly. Foam with soap or detergent, and rub it in the palms and thunders of the hands and wrists. Be sure to clean the fingertips, under the nails and between the fingers. Rinse under running water. Dry your hands and wrists thoroughly. Cover the cough. Cover your mouth and nose with tissues when you sneez or cough, then discard it. If no tissue is at hand, cough or sneezing into the elbow, rather than into the hands. Wash and bandage all the cuts. Any severe incision or animal or human bite should be examined by a doctor. Do not collect or healing wounds or spots, or squeeze pimples. Do not share dishes, glasses or dishes. Avoid direct contact with napkins, handkerchiefs or similar objects used by other users. Practice good food safety techniques to prevent falling ill. Although most cases of food borne infection are not dangerous, some can lead to serious health conditions, including kidney failure and meningitis. You can prevent infections with food-borne pathogens in your home by preparing and safely store food. The following measures will help kill the microbes that are present in the foods you buy and help you avoid introducing new microbes into your food at home: Rinse all meat, poultry, fish, fruits and vegetables under running water before cooking or serving. Wash your hands with soap and water before and after handling raw meat. Separate raw foods and cooked foods. Do not use the same dishes or choices with boiled meat that have been used to prepare raw meat without washing between uses. Cook the food thoroughly using a meat thermometer to ensure that the whole poultry is cooked at 180 ° F, roast and steaks at 145 ° F and mince the meat to 160 ° F. Cook the fish until it is opaque. Defrost food only in the refrigerator or microwave oven. Whether you are young or young at heart, vaccination is an essential part of staying healthy. Many serious infections can be prevented by immunization. While vaccines can cause some common side effects, such as temporarily sore shoulder or low fever, they are generally safe and effective. Vaccination is essential if you want to avoid the disease. Consult your healthcare provider regarding the condition of immunization. In general: Children should get the recommended vaccination in childhood. Adults should make sure that their vaccination is up to date. When traveling abroad, consult with your health care provider for additional vaccinations. Make sure your pet vaccinations are up to date, too. In addition to protecting your pet, it will also protect you and your family. Take travel precautions if you are planning a trip, ask your doctor if you need any vaccinations. Discuss your travel plans with your doctor at least three months before departure. If you are traveling to an area where an insect-borne disease is present, take and use a repellent containing DEET. In many tropical areas, mosquitoes can transmit malaria, dengue, yellow fever, Japanese encephalitis or other serious infections. Give yourself injections before you leave the United States. Avoid any unnecessary shots, vaccinations, or tattoos abroad. Needles and syringes (even disposable ones) are back in some parts of the world. Do not consume ice on the go. Freezing does not kill all infectious microbes transmitted by water. Drink only bottled drinks that have safe caps. Be aware that some fruit juices can be made from unclean local water. Boil all tap water before drinking or drink only bottled water; Use or boiled water water. Teeth. Do not eat uncooked vegetables, including salad; Don't eat fruit you didn't peel. Do not consume dairy products (milk must not be pasteurized). How to prevent sexual transmission infections. The only sure way to prevent sexually transmitted diseases is not to mix sexual intercourse or other sexual intercourse. This is not an option for most people, so the next best option is to follow these safer sexual guidelines: Engage in sexual contact with only one partner who has sex only with you. You and your partner should be tested for HIV and other sexually transmitted diseases. If you have sex with a new partner, make sure that the partner is tested, and take the following precautions: For vaginal sex, use latex or polyurethane condom or female condom. For oral sex, use latex or polyurethane male condom or female condom. For sex, use latex or polyurethane male condom. Avoidance of insect-borne pathogens. Both mosquitoes and ticks are carriers of viruses and bacteria. And both have been linked to serious epidemics in the last decade. While it is true that most mosquitoes in the northern climate do not transmit diseases, some do. Within a decade, the West Nile virus spread throughout the United States and parts of Canada. Several other forms of mosquito-borne encephalitis are also carried by mosquitoes in North America. Tropical diseases pose a threat if the mosquitoes that carry them take a boat ride or extend their range north of Central America. Zika virus infection, for example, which is common in the tropics, is now a growing problem in Florida. Officials now worry that the mosquito-borne disease could create a new base in Florida, where swamps and swamps create optimal mosquito nesting sites. It is best to protect yourself from mosquito bites. Ticks are widespread and can transmit various diseases, including tick-borne encephalitis and Lyme disease. They live in grassy and brushy areas and are most prevalent during the rainy season. The common shelter is in wet leaves. They often infest animals, including field mice and deer. And they can be transported to your home by your pets. The following can help prevent infections from bug bites: Use insect repellents approved by the Environmental Protection Agency, including those containing DEET, picaridin or lemon eucalyptus oil. If mosquitoes bite you, re-apply repellent. Limit outdoor activity during peak early morning and evening hours. Drain standing water near your home to prevent mosquito breeding. Check the surrounding area and pick up garbage, discarded cans, bottles and other containers that may contain enough water for mosquitoes to breed. If you plan to spend time in an area where ticks are common (even your backyard), wear bright clothes so that ticks can be spotted and before connecting. When hiking along the trails, stay in the middle of the trail to avoid picking up ticks from bushes and brushes. When you return, check the clothes and body for ticks. Check your pet before allowing it inside. If the tick has joined you or your pet, firmly grasp it with tweezers near the mouth of the tick and pull it steadily. Thoroughly clean the area of the tick bite with an antiseptic. Monitor the area closely for several weeks for signs of rash or swelling. Using animal control to prevent infections. Controlling the population of mice or rats in and near your home can help you avoid pathogens spread by rodents, as well as help control the population of ticks that spread the disease. Rodents can contain a number of pathogens, including lymphocytic choriomeningitis virus, leptospirosis, plague, and hantavirus. Other wild animals can also transmit rabies and other infections. The following measures can help you avoid animal-borne diseases: Keep food and garbage in rodent-resistant covered containers. Seal the holes and cracks in your home to discourage rodent access. Clear brush and junk from the foundations of your home. Do not mix dust in areas infested with rodents. Instead, wet-mop or sponge area and treat with disinfectant. When outside, do not disturb rodent burrows or handle rodents. If your problem with rodents is serious or permanent, consult a pest control specialist. Stay away from wild animals. Many wild animals, including raccoon, skunks, bats, foxes and coyotes, can spread rabies to humans by biting them. Keep your pets away from wild animals, too. Dogs, cats or any other type of warm-blooded animal can pick up rabies from wild animals and pass rabies on to humans. - By Beverly Merz, Executive Editor, Harvard Women's Health Watch. Picture: © Danny Smythe | Dreamstime.com. 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