



MEDIA RELEASE

The Power of One – Your Role in Infection Control *National Infection Control Week – October 19-23, 2009*

“The Power of One” is the theme of this year’s National Infection Control Week, October 19-23, 2009. Manitoba’s Infection Control Week is focused on the role YOU have in infection control. The week is being led by the Community and Hospital Infection Control Association (CHICA) Manitoba Chapter with the support of the Manitoba Institute for Patient Safety.

Infection Prevention and Control programs have been widely recognized to be both clinically effective and cost-effective in preventing and controlling the spread of infections in health care settings. However, ultimately **One Person Can Stop the Spread of Illness – YOU!**

“Each time one person cleans his or her hands, covers a cough or sneeze, or avoids unnecessary contact with others when they feel ill with cold or flu-like symptoms they have participated in illness prevention. Whether they are in the hospital environment or anywhere in the community, the risk of infection transmission will be decreased.” said Monique Liarakos, CHICA Manitoba President, “**Now that is POWER - And it is in YOUR hands!**”

- ☞ **Clean your hands** with soap and water or waterless hand rub
- ☞ **Cover your cough**, into your sleeve or a clean tissue not into your hands
- ☞ **Consider Others**
 - Stay home from work or school and avoid crowds if you are sick
 - Limit unnecessary contact with others if they or you are unwell.

Traditionally at this time of year, colds and flu affect more Manitobans. Combined with the potential impact of H1N1, CHICA Manitoba is encouraging every Manitoban to take extra care of themselves this year.

CHICA Manitoba and the Institute for Patient Safety have posted print materials, posters and a toolkit of activities on their websites for Manitobans to use to raise awareness of the importance of every ONE doing his or her part to stop the spread of infections. The toolkit with fun activities is suitable for youths and adults and is a creative way to remind people around you that you don't want to share their germs. CHICA Manitoba and the Manitoba Institute for Patient Safety encourage Manitobans to use these resources in their office, schools, healthcare settings, homes and neighbourhoods.

Infection control has a huge impact on patient safety,” said Laurie Thompson, Executive Director of the Manitoba Institute for Patient Safety. “The Institute is pleased to support CHICA Manitoba in this annual initiative and share a mutual goal of quality health care for Manitobans.”

CHICA Manitoba is one of 21 Canadian chapters that form CHICA-Canada, a national, multi-disciplinary, voluntary association of Infection Control Professionals. It is dedicated to the health of Manitobans by promoting excellence in the practice of infection prevention and control. Infection Control Professionals play a critical role in safeguarding the health of Manitobans – patients in hospitals, residents in long-term care facilities, children in daycares, students in schools, and people in the community.

The Manitoba Institute for Patient Safety (MIPS) promotes, coordinates and facilitates activities that have a positive impact on patient safety throughout Manitoba while enhancing the quality of health care for Manitobans.

Manitobans can get more information or download posters and toolkits, by visiting:

CHICA Manitoba Chapter's web site at www.chica.org/MANITOBA or the Manitoba Institute for Patient Safety website at www.mbips.ca

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