

Disease Control

Disease Control Facts

Diseases are spread through infected body fluids such as blood, feces, vomit, saliva and nasal secretions. To control disease, it is important to treat all body fluids as if they are able to spread disease to anyone. People may spread a disease without ever showing symptoms or even knowing they are sick.

Disease control methods

Wash hands

- Wash hands for at least 20 seconds. Use soap and warm running water. Dry hands with a clean paper towel and use the towel to run the faucet off.
- Children may need help washing their hands and you need to wash infants' hands for them.
- Wash hands before handling food or eating.
- Wash hands after using the bathroom, diapering, handling raw meat, cleaning activities and contact with pets.

Sanitize often

- Sanitize toys and food contact surfaces between each use with 1 tablespoon bleach in 1 gallon of water.
- Sanitize diaper changing tables after each use with 1/4 cup bleach in 1 gallon of water.
- Use 1/4 cup bleach in 1 gallon of water to clean up after sick or injured individuals.
- Stuffed toys can be sanitized in a hot dryer. Set the dryer to its hottest temperature. Put the toys in the dryer and run it for at least 20 minutes.

Use barriers (gloves, distance)

- Wear disposable gloves when cleaning up body fluids. Throw away gloves and then wash your hands when you are finished cleaning.
- Keep people away from injuries and accidents until the area has been sanitized.

Get immunizations

- Immunizations help to prevent disabling and deadly diseases.
- Adults who work with children should be immunized against hepatitis B, hepatitis A, chickenpox and any other childhood diseases that they are not immune to.
- Children should follow the recommended childhood immunization schedule.

Call to schedule an immunization appointment:

For children: (303) 451-0123

For adults: (303) 784-7866

Watch for sick children

- Watch for children with severe coughs, difficulty breathing, yellowish skin or eyes, pinkeye, infected skin patches, rashes, diarrhea, gray or white feces (stools), unusually dark or tea-colored urine, headaches, vomiting, loss of appetite, sore throats, difficulty swallowing or unusual behavior.

(continued on back)



**Tri-County Health
Department**

Eleven offices serving the residents of Adams, Arapahoe and Douglas Counties
Administration Office: 7000 East Belleview Avenue, Suite 301 • Greenwood Village, Colorado 80111
Telephone: 303-220-9200 • Fax: 303-220-9208 • Website: www.tchd.org

Disease Control (continued)

- Watch for groups of sick children with similar symptoms, especially diarrhea, severe coughs or vomiting.
- Separate sick children from healthy children to avoid spreading illnesses.
- Report illnesses, especially clusters of illnesses, to parents, supervisors and your local health department.

When to use disease control methods

Disease control methods should always be used when cleaning up body fluids or any other time diseases might be spread. High-risk activities for the spread of disease include:

- Bathroom cleaning and use
- Diapering
- Food preparation
- First aid