

# Promoting Health and Preventing the Spread of Infection



Frequently  
Asked  
Questions

## 1. How can infection spread between people?

Infection can spread in a number of ways including, but not exclusive to, coughing or sneezing without covering your mouth, poor personal hygiene, not washing hands correctly or poor environmental cleanliness.

## 2. What can you do to prevent the spread of infection?

- Wash your hands thoroughly, more often and with soap.
- Use hand sanitiser.
- Avoid touching your face.
- Cover your cough or sneeze then wash your hands.
- Practise social distancing when necessary.

## 3. Who is most at risk of infection?

Babies and children, elderly, those with wounds or open sores, those with low immunity due to certain conditions and those undergoing treatment.

## 4. Why is infection control important?

It limits infection, cross infections and maintains the safety of all.

## 5. How can managing the environment around you correctly minimise the spread of infection?

Keeping clean hands is at the top of every list of ways to minimise the spread of infection and guidance is available should you need it. You can also cover broken skin with a waterproof dressing, wear gloves where appropriate, don't share personal items and regularly clean areas where you touch regularly such as your mobile phone.

Further details on keeping yourself safe from infection and promoting your own health can be found on the [Public Health England Government](#) website.



Ascentis are delighted to announce a brand new **Short Online Qualification** available now!

## LEVEL 1 AWARD IN PROMOTING HEALTH AND PREVENTING THE SPREAD OF INFECTION

### About this qualification:

This qualification is intended to provide learners with the basic principles of preventing the spread of infection for the benefit of their overall health and others around them. It will also help learners to understand and comply with Government requirements, such as the current epidemic with the Covid-19 infection and the Government instructions with regards to protecting ourselves and others, particularly those who are more vulnerable and at risk.

### What does it include?

- An understanding of the causes and types of infection, as well as the ways it can be spread.
- Outline why and how personal good hygiene can really help to prevent and control the spread of infection.
- Describe the correct procedure for handwashing.
- Identify the responsibilities of employers and staff in workplace settings in managing infection control.

### Who is this for?

This is for anyone who wants to understand the principles of preventing the spread of infection; particularly young people, adults and everyone who works with people either in a health or social care setting, in schools or any other public place where they are working or meeting with other people.

### Will it help me to understand more about COVID-19 and other infections?

Yes it will teach you ways in which the infection can be spread.

### Will it teach me how to protect myself from COVID-19 and other infections?

Yes it will tell you the best ways to reduce the possibility of getting or passing on infection.

### How will I know that I am washing my hands correctly?

The course will show you the correct way to wash your hands and how often you should do it. It will also tell you about the types of handwashing products available.

