MEASURES TO PREVENT HYGIENE DISEASES IN MEDICINE

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Abstract. *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 a leading cause of illness and death in the United States and around the world. For certain people--particularly those with underlying illnesses like heart disease or cancer, those who have serious injuries, or those who are taking medications that weaken the immune system—it's more difficult to avoid getting sick with an infection. Living in an affluent country like the United States, the threat we face from deadly viruses, bacteria, and parasites can seem remote, but these infectious microbes are ever present among us. However, for most healthy people, following a few basic principles can go a long way in helping to prevent infections. Not long ago, no one understood that infectious diseases were caused by tiny organisms that moved from person to person. Even now, although we know that microscopic living microbes cause disease, how they do so is not always obvious. But we do know that most microbes enter through openings in the body—our noses, mouths, ears, anuses, and genital passages. They can also be transmitted through our skin through insect or animal bites. The best way to prevent infections is to block pathogens from entering the body.*

Key words: *infections, medications, bacteria, control systems, health service, pathogens, immunization.*

Introduction. The first line of defense is to keep germs at bay by following good personal hygiene habits. Prevent infection before it begins and avoid spreading it to others with these easy measures. Wash your hands well. You probably wash your hands after using the bathroom, before preparing or eating food, and after gardening or other dirty tasks. You should also wash up after blowing your nose, coughing, or sneezing; feeding or stroking your pet; or visiting or caring for a sick person. Wet your hands thoroughly. Lather up with soap or cleanser, and rub it into the palms and backs of your hands and your wrists. Be sure to clean your fingertips, under your nails and between your fingers. Rinse under running water. Dry your hands and wrists thoroughly. Cover a cough. Cover your mouth and nose with a tissue when you sneeze or cough, then dispose of it. If no tissue is handy, cough or sneeze into your elbow rather than into your hands. Wash and bandage all cuts. Any serious cut or animal or human bite should be examined by a doctor. Do not pick at healing wounds or blemishes, or squeeze pimples. Don't share dishes, glasses, or eating utensils. Avoid direct contact with napkins, tissues, handkerchiefs, or similar items used by others.

Infection control is a health and safety issue. All people working in the health service organization are responsible for providing a safe environment for consumers

and the workforce. Infection prevention and control programs should be in place, in conjunction with use of the hierarchy of controls, to reduce transmission of infections so far as is reasonably practicable. Infectious agents transmitted during provision of health care come primarily from human sources, including patients, members of the health workforce and visitors. Successful infection prevention and control measures involve implementing work practices that prevent the transmission of infectious agents using a two-tiered approach: standard precautions and transmission-based precautions. Transmission-based precautions are specific interventions to interrupt the mode of transmission of infectious agents. They are used to control infection risk with patients who are suspected or confirmed to be infected with agents transmitted by contact, droplet or airborne routes. Transmission-based precautions are recommended as extra work practices in situations when standard precautions alone may be insufficient to prevent transmission. Transmission-based precautions are also used during outbreaks to help contain the outbreak and prevent further infection. Transmission-based precautions should be tailored to the infectious agent involved and its mode of transmission – this may involve a combination of practices. Aseptic technique, use of invasive medical devices, workforce immunization and screening for vaccine-preventable diseases, and environmental cleaning are also important elements of infection prevention and control systems. Health service organization management is responsible for overseeing the systems and processes to maintain a clean, hygienic environment, including maintenance and upgrading of buildings and equipment; environmental cleaning of the buildings and infrastructure; evaluation of the infection risks for new products or equipment; and linen handling and management.

Although most cases of food-borne infection are not dangerous, some can lead to serious medical conditions, including kidney failure and meningitis. You can prevent infections by food-borne pathogens in your household by preparing and storing foods safely. Whether you are young or young at heart, getting vaccinated is an essential part of staying healthy. Many serious infections can be prevented by immunization. While vaccines may cause some common side effects, such as a temporarily sore arm or low fever, they are generally safe and effective.

Conclusion. The most important way to reduce the spread of infections is hand washing - frequently wash hands with soap and water, if unavailable use alcohol-based hand sanitizer (containing at least 60% alcohol). Also important is to get a vaccine for those infections and viruses that have one, when available. Contaminated hands of healthcare providers are a primary source of pathogenic spread. Proper hand hygiene decreases the proliferation of microorganisms, thus reducing infection risk and overall healthcare costs, length of stays, and ultimately, reimbursement.

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