



# The Chain of Infection



## Source of infection

Someone or something carrying the harmful microbes that causes the infection. There are many different sources of infection, these can include:

- People already infected
- Pets or animals
- Contaminated food

## Way out for microbes

Harmful microbes need a way to get out of an infected person or source before they can spread to someone else. Routes include:

- Sneezing, coughing, saliva
- Bodily fluid
- Juices from raw meat and poultry

## Spread of infection

Harmful microbes need a way to be passed from a source to a person. This can be through:

- Direct touch/contact
  - Sexual transmission
- Harmful microbes are also spread via:
- Hands, hand contact surfaces (e.g. door handles, keyboards, toilets)
  - Food contact surfaces
  - Air

## People at risk from infection

We are all at risk from infection, but some are at greater risk:

- People on medication e.g chemotherapy
- The very young/elderly
- People with underlying diseases e.g HIV/AIDS, diabetes

## Way in for microbes

Harmful microbes need a way to enter the body before they can cause an infection. This can be through:

- The food we eat
- Inhalation of aerosols or droplets
- Open cuts or sores
- Things we put in our mouths

