

The Chain of Infection

SH1 - The Chain of Infection Poster

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

Spread of infection

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

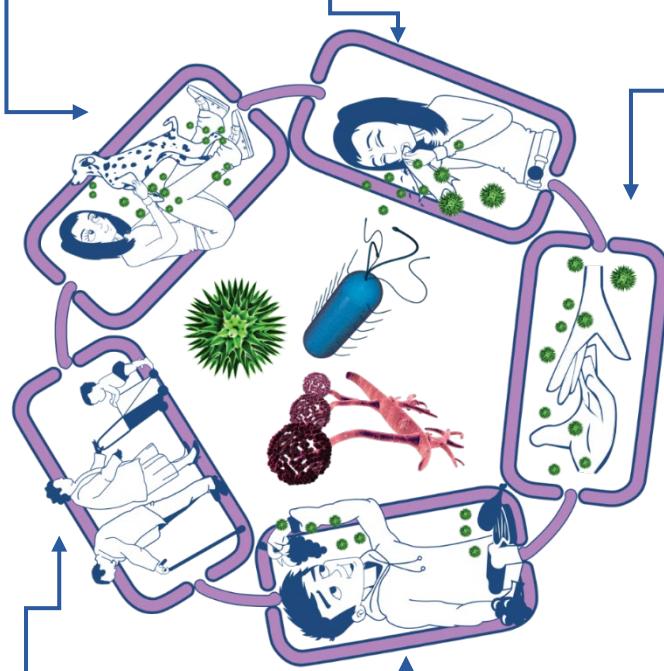
- Direct touch/contact
- Sexual transmission
- Harmful microbes are also spread via:
 - Hands, hand contact surfaces (e.g. door handles, keyboards, toilets)
 - Food contact surfaces
 - Air

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



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

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