

# Stay safe and prevent infections

## Tips to keep older people safe and healthy

As we age our immune systems weaken, making us more susceptible to infections. Whether you live in the community or a residential aged care home these simple tips can help you to stay safe and reduce your risk of becoming sick.



### Clean your hands

Regularly wash your hands with soap and water or rub them with hand sanitiser, particularly before handling food or drinks, when hands are dirty, after the bathroom, or handling waste.



### Cover coughs and sneezes

Always cover coughs and sneezes with a tissue or cough or sneeze into your inner elbow.



### Keep up to date with vaccinations

Speak to your health professional on how to keep up to date with recommended vaccinations such as COVID-19, the flu or pneumococcal.



### Know about antibiotics

Speak to a health professional if you are unwell. If prescribed antibiotics, always ask why you are taking them and how to take them correctly.



### Maintain good hygiene

Keep nails short, regularly clean and moisturise your body, wash clothes and linens frequently and brush teeth twice daily.



### Clean your home

Regularly clean surfaces with a simple all-purpose cleaner. Use a disinfectant after cleaning surfaces if someone in the home is unwell.



### Dispose of needles safely

Dispose needles, syringes, or finger prickers into a puncture and leak proof container. Never overfill and take to a collection site for disposal.



### Look after your mental health and wellbeing

Stay connected, spend time outside, eat well and exercise regularly. Consider making an advanced care plan to ensure your wishes are known.

For more information, please visit: [Infection Prevention and Control in aged care](#)



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