

Infection Prevention and Control at Workplaces Webinar Q&A

1. What are the most common myths or misconceptions of IPAC?

There are many, so I will name a few. One of them is around hand hygiene. The misconception is that if you use a lot of alcohol-based hand sanitizers or rubs, it will destroy your skin. However, if you keep the integrity of your skin by using creams etc., you can keep your hands safe. And if your skin is not broken, it cannot damage your skin at all. Lately, all manufacturers produce hand rubs that include emollients to protect your skin.

Another misconception is on vaccine safety; the effectiveness and safety of flu shots. A few years ago, there was a big media fraud or scientific claim against vaccinations and the safety of vaccines which was highly discussed. Eventually, scientists and journal articles showed there is no evidence of adverse events from vaccines unless people have allergies to specific components of the vaccine.

2. Can you share some important benefits of applying IPAC principles at workplaces?

The big benefit is not only protecting yourself but also your colleagues and your family members. If you keep good infection control and good practices at workplaces, you won't be the only one who is safe and healthy, but your colleagues will be safe and healthy too. In the same way, you will not bring infection from your workplace to your family and maybe to others, especially in your community or workplaces where you have some vulnerable people who have low immunity due to health conditions such as cancer, diabetes, or others. You'll be saving them as well. Therefore, it is everyone's responsibility to have good practices at workplaces.