

American
HOME HEALTH 

Newsletter

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INFECTIOUS DISEASES

YEARLY IN-SERVICES



INFECTIOUS DISEASES

Summary

Germs, or microbes, are found everywhere - in the air, soil, and water. There are also germs on your skin and in your body. Many of them are harmless, and some can even be helpful. But some of them can make you sick. Infectious diseases are diseases that are caused by germs.

There are many different ways that you can get an infectious disease:

- **Through** direct contact with a person who is sick. This includes kissing, touching, sneezing, coughing, and sexual contact. Pregnant mothers can also pass some germs along to their babies.
- **Through** indirect contact, when you touch something that has germs on it. For example, you could get germs if someone who is sick touched a door handle, and then you touch it.
- **Through** insect or animal bites

- **Through** contaminated food, water, soil, or plants

There are four main kinds of germs:

- **Bacteria** - one-celled germs that multiply quickly. They may give off toxins, which are harmful chemicals that can make you sick. Strep throat and urinary tract infections are common bacterial infections.
- **Viruses** - tiny capsules that contain genetic material. They invade your cells so that they can multiply. This can kill, damage, or change the cells and make you sick. Viral infections include HIV/AIDS and the common cold.
- **Fungi** - primitive plant-like organisms such as mushrooms, mold, mildew, and yeasts. Athlete's foot is a common fungal infection.
- **Parasites** - animals or plants that

survive by living on or in other living things. Malaria is an infection caused by a parasite.

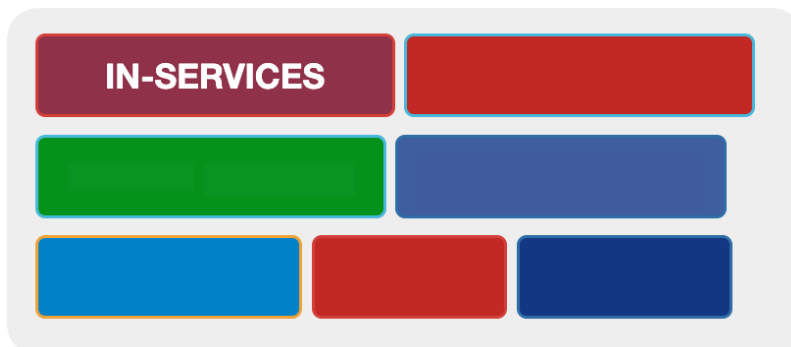
Infectious diseases can cause many different symptoms. Some are so mild that you may not even notice any symptoms, while others can be life-threatening. There are treatments for some infectious diseases, but for others, such as some viruses, you can only treat your symptoms. You can take steps to prevent many infectious diseases:

- **Get vaccinated**
- **Wash your hands often**
- Pay attention to **food safety**
- **Avoid** contact with wild animals
- **Practice** safe sex
- **Don't share** items such as toothbrushes, combs, and straws

"Source: MedlinePlus, National Library of Medicine."
<https://medlineplus.gov/infectiousdiseases.html>

YEARLY IN-SERVICES

Go to the bottom of any page on our site (www.ahhc-1.com) and find the button labeled **IN-SERVICES**.



When you click the **IN-SERVICES** button, you will be prompted to **login**.



You will be **required** to complete the following:



Annual Education [60 Questions] — **Due Now**
Hand Hygiene [20 Questions] — **Due Now**

All requirements **MUST** be completed by **August 30th, 2020**.
Please direct your questions or concerns to the **HR department**.
You can call us at **630.236.3501** or e-mail us at **HR@ahhc-1.com**.

BRAKING

THE CHAIN OF INFECTION

1. NELACGIN _____
2. ZTISRAONTLIEI _____
3. DPDIUSRTE _____
4. ESLESAM _____
5. VRLIA _____
6. EIIINOMTNAL _____
7. SDRTNADA _____
8. PESAIOTCURN _____
9. RAPTOARPEPI _____
10. INISOAOTL _____
11. GNSATHOEP _____
12. EAITCPS _____
13. UZALFENNI _____
14. NLIHGNDNA _____
15. EISTRSSUP _____
16. MSSRSONAINTI _____
17. MNNIOIZMIUTA _____
18. WTRATH _____
19. PSDAISOL _____
20. SGINIOSAD _____

