

The infographic features a central blue circle with a white border. Inside the circle, the text 'Break the Chain of Infection' is written in a large, bold, dark blue font. Below this, the text 'Respiratory Infectious Diseases' is written in a smaller, dark blue font. Surrounding the central circle is a chain of blue links. Six red circles are placed along the chain, each containing a red paperclip icon and a text label. The labels are: 'Get Vaccinated' (top left), 'Stay Home when Sick' (top right), 'Disinfect Surfaces and Objects' (right), 'Wear a Mask when Needed' (bottom right), 'Wash Hands Often' (bottom left), and 'Improve Air Ventilation' (left). Each label is in a bold, dark red font. To the left of the chain, under the heading 'Are you at Risk?', is a list of risk factors. To the right of the chain, under the heading 'Germs Live on:', is a list of where germs live. Below the chain, under the heading 'Germs are Caught', is a list of how germs are caught. To the right of the chain, under the heading 'Germs Travel', is a list of how germs travel. Below the chain, under the heading 'Germs Spread', is a list of how germs spread.

Break the Chain *of* Infection

Respiratory Infectious Diseases

Are you at Risk?

- Young Children
- Elderly
- Pregnant
- Chronic illness
- Unvaccinated

**Get
Vaccinated**

**Stay
Home
when Sick**

Germs Live on:

- People
- Surfaces + objects

**Disinfect
Surfaces
and
Objects**

**Improve Air
Ventilation**

Germs are Caught

- By breathing them in
- By direct contact with eyes, nose or mouth

**Wash
Hands
Often**

Germs Spread

- Between people
- By touching surfaces where germs live

**Wear a
Mask when
Needed**

Germs Travel

- When people cough, sneeze + talk
- Through saliva and mucus



Surrey-North Delta
Primary Care Network