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IFH Newsheet April 2022

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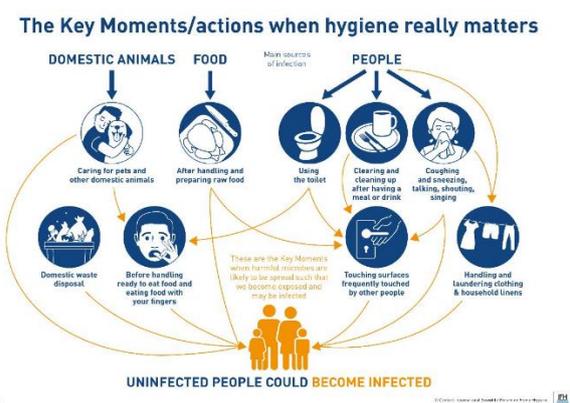
Contents:

- [Putting Targeted Hygiene into practice in our homes and everyday lives in public places?](#)
- [Developing and promoting Targeted Hygiene – a new IFH web-based resource](#)
- [Hygiene – can a tool from our past help save the future?](#)
- [ASM Microbe Washington 9-13th June 2022: Session on surface disinfection and Targeted Hygiene.](#)
- [International Conference on Food safety: Shedding light on the dark territory of food safety future solutions for risk reduction in domestic kitchens](#)

[Putting Targeted Hygiene into practice in our homes and everyday live in public places?](#)

There is little doubt that controlling infectious diseases and tackling antimicrobial resistance will be a major health determinant for the foreseeable future, and that preventing infection through hygiene practices in our homes and everyday lives (HEDL) will play an important role. A key learning from the pandemic is that approaches to infection prevention in healthcare, where high level protection of staff and patients is needed, are not wholly appropriate for community populations. HEDL Hygiene needs to be addressed as a public health issue, and the scientific evidence interpreted in a manner appropriate to reducing population infection risk to an acceptable level.

Since 1997 IFH has been developing an approach based on risk management known as Targeted Hygiene. This holistic approach focuses hygiene practices at the times when harmful microbes are most likely to spread, and in the places through which they spread, in order to break the chain of infection.



It focuses on hygiene as the public experience it, as a set of interdependent actions performed throughout daily life, to prevent exposure to all types of infections including gastro-intestinal, respiratory skin and other infections.

Risk assessment suggests there are 9 key moments in our daily lives when harmful microbes are most

likely to be spreading such that we can become exposed and infected. An aspect of Targeted Hygiene, highlighted by the COVID pandemic, is that messages such as “wash your hands frequently” and “how to wash hands” are inadequate because they give no clear indication of when hand hygiene is needed, or that it often needs to be applied in combination with other actions.

Although the Targeted Hygiene concept is now well accepted, we are frequently asked “how do we put Targeted Hygiene into practice”.

To meet this need IFH have produced a new resource called [“Breaking the](#)

[chain of infection in our homes and everyday lives: a practical approach to encourage effective Targeted Hygiene](#)". Importantly this communicates the key moments approach in the sequence in which the public need to receive it, firstly knowing

“WHEN” to act (after using the toilet etc,) secondly “WHERE” to act (hands, food contact surfaces etc) and finally HOW to practice hygiene actions (Cleaning, disinfectant use, wearing masks etc).

Key Moment 1:
Coughing and sneezing, talking, shouting, singing

Checklist for cleaning or intervention	Decontaminates by*
Hands	Washing with soap, followed by thorough rinsing under running water or use alcohol hand sanitizer if there is no access to handwashing facilities
Surfaces touched by hands	Clean with detergent, then disinfectant as directed, or use a disinfectant cleaner
Cleaning cloths	Rinse in hot soapy water, disinfect as directed and dry thoroughly
Air	Social distancing
Mask wearing	Wear a well-fitting mask, which has at least 3 layers of material
Ventilation	Make sure enclosed spaces are well ventilated

Notes:
Occasionally, in daily life – it is not feasible to decontaminate contact surfaces every time we touch them. However, just knowing these surfaces contribute to spreading infection act as a prompt for practice: good hand hygiene, to ensure you do not pass infection to others, or they to you.

What is happening – How do respiratory infections spread?
If someone has a respiratory infection, virus particles will be spread from their mouth or nose when they cough, talk loudly etc. This involves large droplets of infected mucus which travel only short distances, or they aerosol particles that can travel distances greater than 2-3 metres. Particles can also get onto the persons hands or settle onto surfaces. The viruses are then either by coming within reach of the mouth, eyes or lining of the nose with contaminated hands from touching surfaces etc.

*The better details go to Home Hygiene: Prevention of infection at home and in schools by the cleaning and training resource 2018
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Key Moment 5:
Clearing and cleaning up after having a meal or drink

Checklist for cleaning or intervention	Decontaminates by*
Wash after handling used dishes etc.	Handwashing with soap, followed by thorough rinsing under running water
Eating and drinking utensils	Machinically dishwash or clean with a cloth in hot soapy water; then rinse under clean running water
Cleaning cloths and equipment	Wash in hot soapy water immediately after use and dry thoroughly

What is happening? Why is it important to wash hands and eating and drinking utensils after having a meal, drink or clearing up?
If someone in the household is infected they may transfer harmful microbes to the coffee machine, cups and glasses that they use and the food or anyone that help to clear away the dishes etc. Decontaminating utensils prevents germs to person-to-person transmission of infection. Washing up in hot soapy water in a bowl, normal microbes can be transferred from one animal to another via the bowl water. That is why it is vital to follow up the removal of food waste from hand and drinking utensils by rinsing them in clean water to remove any residual microbial contamination before drying. Harmful microbes can be transferred from one animal to another via the bowl water, covering up droplets and brushes so those must be rinsed after use and dried.

*The better details go to Home Hygiene: Prevention of infection at home and in schools by the cleaning and training resource 2018
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Rather than communicating hygiene through written prescriptive guidance, this approach can be communicated through visual images/ graphics/ YouTubes which work to engage and empower the public in better understanding how to practice effective hygiene, and how hygiene differs from cleanliness.

[Developing and promoting Targeted Hygiene – a new IFH web-based resource](#)

Central to the work of IFH is development and promotion of the risk-based approach to hygiene in home and everyday life settings known as Targeted Hygiene. Targeted Hygiene forms the basis for developing frontline hygiene policy that addresses the infectious disease issues we currently face including the threat of further epidemics and pandemics, the global issue of antibiotic resistance, and the ever-growing vulnerable population who have protect themselves against infection.

IFH has established a new web area providing direct access to resources which underpin the development and promotion of Targeted Hygiene, including the [2021 IFH white paper](#), scientific reviews, teaching and learning resources, practical

guides and YouTubes. This reflects our findings that people want to learn things in the way they want to learn them - and in the depth they want to learn it - so we have tried to cover off as many of these as we can.

The new web area “Developing and promoting hygiene in home and everyday life to meet 21st Century needs” can be accessed from the [IFH website home page](#)

[Hygiene – can a tool from our past help save the future?](#)

Infectious diseases will continue to disrupt modern societies if we do not pay greater attention to developing hygiene literacy including in the areas of hygienical design and planning, wider population uptake of effective hygiene practices, and effective use of cleaning and hygiene as trusted methods to reduce infections. These issues were explored in a webinar, organised as part of [European Health Forum Gastein](#) 2021, by a number of hygiene experts including from IFH. The key findings are now published in a paper in [Eurohealth](#). The article introduces the concept of hygiene literacy and outlines how this concept is linked to policies for public health, urban planning, education, research, data collection, and more. Further, it outlines how such a new strategy for Europe could help address infections and epidemics.

[ASM Microbe Washington 9-13th June 2022. Hard Surface Disinfectants: The Pathway to Development and Role in Targeted Hygiene Practices in Residential Homes](#)

This [session on hygiene and disinfection](#) will take place on June 11th. Since the beginning of the COVID-19 pandemic there has been a significant increase in the use of disinfecting and sanitizing surface products in residential homes and commercial settings. The session will include presentations looking at different aspects of the use of hard surface disinfectants. The session will also include a presentation by Professor Elizabeth Scott (Simmons University, Boston USA and IFH Scientific Advisory Board member) on the role of hygiene products as part of a targeted approach to hygiene in home settings.

[International Conference on Food safety, Bucharest, June 27-28th : Shedding light on the dark territory of food safety future solutions for risk reduction in domestic kitchens](#)

The [Safeconsume consortium](#) invites you to the conference "[Shedding light on the dark territory of food safety – future solutions for risk reduction in domestic kitchens](#)". The event will be held in the city of Bucharest, Romania, June 27-28th 2022.

Safe food is a shared responsibility of all actors along the food chain. As the last line of defence, stands the consumer. About 40% of all reported foodborne illnesses in Europe are acquired from food consumed at home and there is a need for new approaches to help consumers mitigate risk. A combination of strategies is necessary, including material infrastructures aiding safe behaviours, improved skills and knowledge and an inclusive food safety policy.

This conference will provide a state-of-the-art introduction to consumer practices that affect the risk of foodborne infection and a range of strategies to reduce this risk. The programme is a combination of short presentations, demonstrations, debates posters etc. The conference will be of interest for policy actors, scientists, risk communicators, educators and anyone interested in food safety at the consumer part of the chain.

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