

# PREVENT INFECTION ...DIABETES CARE

Infections can be spread from the blood of an infected person to another person by sharing diabetes care equipment or items used for personal care. Use safe practices to prevent the spread of infection.

## SAFE PRACTICES:

### 1. CLEAN HANDS

- Clean your hands before and after diabetes care.
- Use soap and water or an alcohol-based hand sanitizer.

### 2. INJECTION SAFETY

- **Never** re-use needles, lancets and syringes.
- Consider using a single-use lancet that has a safety device and always use a single-use disposable needle and syringe for each insulin injection.
- To measure the correct dosage, always use your own insulin and prepare in a clean, quiet area.

### 3. EQUIPMENT CARE

- Each person should have his/her own glucometer.
- If another person must use the same glucometer, it must be disinfected between uses.
- Follow the manufacturer's directions on how to clean and disinfect the glucometer and do it on a regular basis, particularly when there is blood on it.
- Keep all supplies in a clean, safe storage area.

### 4. SAFE DISPOSAL OF SHARPS

- Place sharps (including lancets and needles) in a puncture-proof container immediately after use and keep in a safe location.
- Dispose of the puncture-proof container as recommended by your diabetes care provider and the policy in your municipality.

For more information on safe diabetic care practices, contact your:

- Diabetes Educator
- Doctor
- Public Health Nurse
- Pharmacist, or
- Newfoundland and Labrador Healthline (1.888.709.2929)



Go Healthy