



Primary Immunodeficiency

Dos and Don'ts for preventing infection

Dos

1. Do always wash your hands regularly and use an antiseptic skin cleanser
2. Do keep antiseptic wet wipes
3. Do drink boiled water
4. Do keep pets but watch out for scratches
5. Do finish courses of antibiotics
6. Do regularly refresh makeup brushes/pencils if you use them
7. Do keep a journal of illnesses and treatments
8. Do stay away from sick people
9. Do use antivirus cream in your nose on a plane flight
10. Do keep an antiseptic skin cleanser for use in bathwater if exposed to potential infection

Don'ts

1. Don't touch escalator rails and other items in public places
2. Don't go to patient meetings with an infection
3. Don't use other people's utensils, hairbrushes etc
4. Don't pat animals without washing your hands afterwards
5. Don't let an infection develop, act quickly
6. Don't use old kitchen cloths to wipe surfaces, refresh often
7. Don't use the same knives for salads and meat, risking cross-contamination
8. Don't eat unwashed fruit or undercooked meat
9. Don't use computer keyboards or computer mice that are dirty
10. Don't handle money without washing your hands afterwards