Betty Knight’s “6F’s”

**METHODS OF TRANSMISSION: the 6 Fs**

Click on each of the six examples to find the methods of transmission which cause infection, and the specific infections or diseases associated with each example.

**faeces**
- Examples:
  - Potential pathogens excreted via the bowel
  - Contaminated water supply
  - Storm water run-off
  - Ingestion of helminth eggs

**Infections/diseases:**
- Hepatitis A, typhoid, cholera, gastroenteritis, poliomyelitis, helminths (worms).

**fomites**
- Examples:
  - Inanimate objects which can carry pathogenic micro organisms on their surfaces.

**Examples:**
- Equipment, instruments, soiled linen, toilet bowls, bed pans, telephones, wound dressings

**Infections/diseases:**
- Transmission of MRSA, VRE (Vancomycin-Resistant Enterococcus)

**flies**
- Examples:
  - Transmission by vectors: fleas, ticks, lice, mosquitoes and household flies.

**Examples:**
- i) Mechanical, or
- ii) Biological

**Infections/diseases:**
- i) Wound infection, food contamination
- ii) Malaria, Ross River fever, Barma Forest fever, Lyme disease.

**food**
- Examples:
  - Food spoilage
  - Handling of food
  - Preparation of food
  - Storage of food

**Infections/diseases:**
- Meat infected with parasites (eg tapeworm), Hepatitis A, Salmonella - diarrhoeal diseases

**flies**
- Examples:
  - Hands of Health Care Workers (HCW)
    - Medical practitioners
    - Dentists
    - Nurses
    - Allied health practitioners
    - Environmental services staff

**Infections/diseases:**
- Wound and urinary tract infections, cutaneous fungal infections, herpes.