Infection Control:

Preventing The Spread Of Disease

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Universal Precautions

Universal Precautions is a method of infection control where all human blood and certain body fluids are treated as if they are infectious for bloodborne pathogens, such as HIV and hepatitis.

This approach involves using personal protective equipment (PPE) like:

- Gloves, gowns, and masks,
- Practicing strict handwashing, and
- Safely handling sharps

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Universal Precautions

Why are universal precautions important?

- **Protecting Direct Support Professionals:**
  - They minimize the risk of Direct Support Professionals contracting bloodborne diseases from accidental exposure during procedures.
- **Protecting Individuals Served:**
  - By preventing the spread of infections, they reduce the risk of individuals contracting bloodborne diseases from exposure to contaminated equipment or healthcare workers.

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Universal Precautions Prevention and Proper Handling:

- Handwashing
- Use of gloves and other personal protective equipment
- Bagging contaminated laundry
- Cleaning and disinfecting procedures for contaminated surfaces.
- Disposal of sharps, without recapping, into a special container.

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Universal Precautions

Handwashing:

Handwashing is the single most important procedure for preventing the spread of common infections.

- Handwashing must be done each time the hands come in contact with someone who is ill.
- After contact with blood or infections materials
- With an object that is potentially contaminated

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Universal Precautions Handwashing:

Wash Your HANDS...

- Before and after removal of gloves or other protective equipment
- Before and after medication administration
- After going to the bathroom
- After toileting or diapering and individual
- After contact with an ill person or objects that the person has touched
- Before meal prep and eating
- Immediately after any contact with blood, or any body fluid contaminated with blood

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Universal Precautions Handwashing:

Standard Handwashing Procedure:

Step 1: Turn on and adjust water temperature.

Step 2: Wet hands and lather completely.

Step 3: Rub hands together, vigorously for at least 15 seconds.

Step 4: Rinse hands under running water.

Step 5: Dry hands thoroughly using a paper towel.

Step 6: Use a clean, dry paper towel and use it to turn off the running water

Step 7: Throw away paper towels.

Step 8: Use hand lotion after drying hand.

Step 9: Scrub under fingernails and keep trimmed.

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Universal Precautions Handwashing:

If you are unable to wash your hands you can and should use hand sanitizer to clean your hands.

Standard Handwashing Procedure: Hand Sanitizer

1. Place small amount in palm of hand.
2. Massage, covering hands completely.
3. Rub lightly until dry, do not rinse.
4. Wash hands with water and soap after every 8 -10 applications of sanitizer.
5. If hand sanitizer is used after exposure to blood or infectious materials, hands must be washed as soon as possible.

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Universal Precautions Personal Protective Equipment (PPE):

Personal protective equipment is specialized clothing or equipment worn by an employee for protection against a hazard.

Personal protective equipment used to limit occupational exposure to bloodborne pathogens may include:

- Disposable Gloves
- Masks
- Eye Shields or safety goggles
- Gowns etc...

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Universal Precautions Personal Protective Equipment (PPE):

The goal in using personal protective equipment is to prevent blood or other infectious materials from having contact with an employee's;

- Clothes
- Skin
- Eyes
- Mouth, or
- Other mucous membranes.

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Universal Precautions Personal Protective Equipment (PPE):

Disposable Gloves:

- Are used as a barrier between hands and potential source of infection.
- Must be used whenever there is contact with blood or body fluids.

Universal Precautions Personal Protective Equipment (PPE):

Use gloves when:

- Administering First Aid
- Removing and disposing of bandages or wound dressings
- Brushing or flossing and individual's teeth
- Handling Laundry
- Administering vaginal or rectal medications
- Assisting with menstrual hyiene
- Completing physical inspection of the genital area

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Universal Precautions Personal Protective Equipment (PPE):

Use gloves when:

- Cleaning up vomit, fecal matter or urine
- Changing a brief
- Cleaning Equipment used for treatment of any body area
- Disposing of tissues contaminated with thick mucus or pus draining from the:
  - Eye,
  - Nose or
  - Mouth

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Proper Glove Removal

Removing Latex-Free Disposable Gloves

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Goal of Infection Control

The goal of all infection control procedures is to minimize the transmission of communicable disease and prevent infection when possible, helping to insure optimum health for all individuals and staff.

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Objectives of Infection Control

- To prevent episodes of communicable disease.
- To prevent infection.
- To prevent the transmission of communicable disease.
- To insure prompt detection of infection or infestation of a communicable disease.
- To insure compliance with the implementation of infection control procedures.
- To limit occupational exposure to blood and other potentially infectious materials.

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Infection Control Procedures

Infection control procedures include the following:

Surveillance:

- The on-going monitoring of all illness and disease among individuals and staff.
- The monitoring of compliance to procedures

Reporting:

- Communicating information about the existance of communicable disease.

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Infection Control Procedures

Infection control procedures include the following:

Control:

- Involves the ongoing activities used to reduce the spread of disease and minimize the effects of existing illness.

Prevention:

- Involves the passive and active methods used to eliminate the risk of contracting diseases.

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Infection Control Procedures

Infection control procedures follow Universal Precaution guidelines and will be followed for all instances of:

- Illness,
- Injury, and
- Communicable disease at the home.

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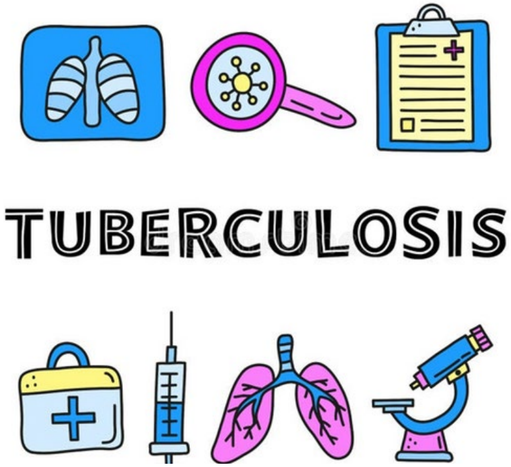
Infection Control: Communicable Disease

Some examples are…

- Cold
- Flu
- COVID-19
- Tuberculosis
- Strep Throat
- Noro Virus



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Infection Control: Communicable Disease

How do Communicable Diseases spread?

- Contact transmission
- Airborne Transmission
- Bloodborn Transmission

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Infection Control: Communicable Disease

Contact transmission:

- Occurs directly through person -to-person contact
- Indirectly by a person coming in contact with a contaminated surface or object.
- This is the most common means of disease transmission.

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Infection Control: Communicable Disease

Examples of Contact Transmission:

- **Skin-to-skin contact:**
  - Touching an infected person's skin, such as through a handshake or hug.
- **Kissing**
- **Contact with contaminated objects :**
  - Touching or using contaminated objects, such as doorknobs, towels, or utensils.
- **Wound contact:**
  - Touching an open wound or infected body fluids.

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Infection Control: Communicable Disease

Airborne Transmission:

Occurs when infectious particles, such as bacteria or viruses, travel through the air and are inhaled by a healthy person.

Examples of Airborne Transmission:

- Breathing
- Talking
- Coughing
- Contaminated Dust

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Infection Control: Communicable Disease

Bloodborne Transmission:

- The spread of pathogens through contact with infected blood or body fluids.

Examples of Bloodborne Pathogens:

- Hepatitis B virus (HBV)
- Hepatitis C virus (HCV)
- Human immunodeficiency virus (HIV)
- Syphilis
- Gonorrhea
- Ebola virus

Generally, these diseases are transmitted through skin, eyes, damaged skin, or mucous membranes.

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Infection Control: Cleaning & Disinfection

One of the more effective ways of preventing the spread of germs and illness is proper cleaning and regular disinfection of frequently touched surfaces.

As Direct Support Professionals we are responsible for assisting with keeping the home clean and safe.

All employees will insure that:

- The home environment is maintained in a clean and sanitary manner.
- Standard housekeeping practices are adequate for routine cleaning.
- Contamination with blood or body fluids requires special cleaning and decontamination procedures are followed.

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Infection Control: Cleaning & Disinfection

Highly touched surfaces should be disinfected multiple times a day.

Follow the cleaning and disinfection protocol(s) in the homes that you work in.

Good practice recommendations may include:

- Using a disinfection or sanitation spray
- Disinfection or germicidal wipes
- Bleach mixed with water in a spray bottle

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Infection Control: Cleaning & Disinfection

Some examples of frequently touched surfaces:

- TV remotes
- Computer Keyboards
- Hand railings
- Doorknobs
- Light Switches
- Kitchen Appliances
- Microwaves - Ovens - Fridge/ Freezer - Faucets

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Infection Control: Cleaning & Disinfection

Objects or surfaces in the environment may be a source of disease transmission.

- Employers will ensure that the residence environment is maintained in a clean and sanitary manner.
- Standard housekeeping practices are adequate for routine cleaning.
- Contamination with blood or body fluids requires special cleaning and decontamination procedures.

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Infection Control: Cleaning Procedures

Objects or surfaces contaminated with blood or any body fluids must be cleaned immediately after contamination.

To clean and sanitize hard surfaces (floors, countertops, cabinets, walls... etc) :

- Put on gloves
- Absorb excess fluids with paper towels
- Clean the area with a clean cloth and soapy water
- Clean the area again using a bleach/ water solution
  - 10 parts water and 1 part bleach
- Allow to dry

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Infection Control: Cleaning Procedures

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Infection Control: Cleaning Procedures

To clean and sanitize areas that touches food:

- Put on gloves
- Absorb excess fluids with paper towels
- Clean the area with a clean cloth and soapy water
- Clean the area again using a bleach/ water solution
  - 10 parts water and 1 part bleach
- Allow to air dry for 30 minutes
- Wash the area with water

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Infection Control: Cleaning Procedures

Why is sanitizing food surfaces important?

These surfaces must be kept clean and sanitized to prevent the growth of harmful bacteria that can cause foodborne illnesses.

Food residues left on these surfaces can provide an ideal environment for bacteria to multiply to dangerous levels.

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HOW TO SANITIZE VS DISINFECT

SANITIZING

Sanitizers kill bacteria and should be used on food-contact surfaces like dishes, cutting boards, food prep tables, etc.

To use sanitizer:

1. Verify that the chemical is safe for food-contact surfaces.
2. Clean dirt and grime off the surface with soap.
3. Prepare and apply sanitizer according to the manufacturer's instructions.

DISINFECTING

Disinfectants kill bacteria and viruses and should be used on non-food-contact surfaces like doorknobs, display cases, etc.

To use disinfectant:

1. Verify that the chemical is EPA-approved.
2. Clean dirt and grime off the surface with soap.
3. Wear gloves and apply disinfectant according to the manufacturer's instructions. Wash hands after use.

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Infection Control: Cleaning Procedures

Fabric or carpeted surfaces contaminated with blood or body fluids should be laundered or dry cleaned whenever possible.

If this is not possible, the following procedure will be used:

- Place gloves on both hands.
- Remove excess fluid with paper towels.
- Clean area with soap and cold water.
- A fabric or carpet cleaning product may be used.
- Spray with Lysol following cleaning.

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Infection Control: Cleaning Procedures

Waste basket Procedures;

- All wastebaskets will be lined with plastic bags and shall be emptied regularly and not allowed to overflow.
- Infectious material such as paper toweling used for blood clean up, dressings, gloves, and menstrual supplies will be placed in a plastic bag,
  - Tied securely
  - Checked for leakage and
  - Placed in a plastic lined waste basket.

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Infection Control: Laundry

Laundry:

- All laundry will be handled with gloves
- Laundry must be handled as little to prevent exposure to the person handling the laundry.
- Laundry soiled with blood or body fluids visibly contaminated with blood, semen, and vaginal secretions should be bagged at the location where it was used - i.e. bedroom, bathroom... etc .

All contaminated laundry that can not be laundered immediately will be placed in a plastic bag marked "contaminated" and fastene d and/or tied securely.

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Infection Control: Laundry

Contaminated Laundry Washing Procedure;

- Use gloves when handling unwashed contaminated laundry.
- IMPORTANT NOTE:
  - Wash contaminated laundry separate from other laundry .
- Pre-soak in cold water if needed for stain removal.
- Use a cold -water cycle for at least 10 minutes with detergent .
  - Cold - water is especially effective with the removal of blood from contaminated laundry.
- Laundry will be dried in a clothes dryer .

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Infection Control: Sharps

All needles, syringes, lancets, monosets , or other medical equipment used to pierce or cut the skin must be used and disposed of according to procedure.

- Only disposable sharps will be used at this residence.
- Needles will not be bent, sheared, or recapped after use.
- Sharps will be placed in sharps containers immediately after use.

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What do I do if I am exposed to bloodborne Pathogens?

If exposed to bloodborne pathogens;

- Immediately clean the area with soap and water
- Report the exposure to your employer
- Fill out an exposure report and email it to Human Resources.
- Seek medical evaluation.

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What do I do if I am exposed to bloodborne Pathogens?

What do I do if I am exposed to body fluids/ blood borne pathogens?

For needlesticks ;

- Wash with soap and water;

For splashes to the nose, mouth, or skin;

- Flush with water

For eye exposure;

- Irrigate with clean water, saline, or a sterile wash.

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What do I do if I am exposed to bloodborne Pathogens?

Always work with you r manager and nurse if you are exposed to bloodborne pathogens.

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