

# CARE FOR U PLUS

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## Standard Precautions

Standard precautions are a set of infection control practices used to prevent transmission of diseases that can be acquired by contact with blood, body fluids, non-intact skin (including rashes), and mucous membranes that should be used in the care of all patients all the time. These measures are to be used when providing care to all individuals, whether they appear infectious or symptomatic. They're based on a risk assessment and make use of common-sense practices and personal protective equipment use that protect healthcare providers from infection and prevent the spread of infection from patient to patient. Use standard precautions in the care of all patients to reduce the risk of transmission of microorganisms from both recognized and non-recognized sources of infection.

### **Personal Protective Equipment (PPE) for Standard Precautions:**

#### **Gloves:**

- Clean, non-sterile gloves when touching or coming into contact with blood, body fluids, secretions or excretions.
- Apply gloves just before touching mucous membranes or contacting blood, body fluids, secretions, or excretions.
- Remove gloves promptly after use and discard before touching non-contaminated items or environmental surfaces, and before providing care to another patient.
- Wash hands immediately after removing gloves.

#### **Gowns:**

- Wear a fluid resistant, non-sterile gown to protect skin and clothing during procedures or activities where contact with blood or body fluids is anticipated.
- Do not wear the same gown for the care of more than one patient.
- Apply gown prior to performing such activities that may generate splashes or sprays of blood, body fluids, secretions and excretions.

#### **Masks and Respirators**

- Wear a face mask when there is potential contact with respiratory secretions and sprays of blood or body fluids, when placing a catheter or injecting material into the spinal canal or subdural space (to protect patients from exposure to infectious agents carried in the mouth or nose of health care personnel), or to perform intrathecal chemotherapy

#### **Other Face and Eye Protection:**

- Wear eye protection (goggles and face shields) for potential splash or spray of blood, respiratory secretions, or other body fluids
- Personal eyeglasses and contact lenses are not considered adequate eye protection
- May use goggles with facemasks, or face shield alone, to protect the mouth, nose, and eyes

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## **Additional Procedures:**

### **Hand Hygiene:**

- Always perform hand hygiene following any patient contact.
- Wash hands for 20 seconds with soap and warm water – especially if visibly soiled.
- Clean hands with alcohol-based hand rub if not visibly soiled.

### **Patient Care Equipment:**

- Avoid contamination of clothing and the transfer of microorganisms to other patients, surfaces and environments.
- Clean, disinfect or reprocess non-disposable equipment before reuse with another patient.
- Discard single-use items properly.

### **Injection Safety:**

- Injection safety refers to the proper use and handling of supplies for administering injections and infusions. (e.g., syringes, needles, fingerstick devices, intravenous tubing, medication vials, and parenteral solutions)

### **Respiratory Hygiene and Cough Etiquette:**

- Covering the nose/mouth with a tissue when coughing or sneezing or using the crook of the elbow to contain respiratory droplets.
- Using tissues to contain respiratory secretions and discarding in the nearest waste receptacle after use.
- Performing hand hygiene (hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) immediately after contact with respiratory secretions and contaminated objects/materials.

### **Disinfect the Environment:**

- Routinely clean environmental surfaces, especially frequently touched surfaces, examples:
  - Tabletops.
  - Remote control.
  - Telephone.
  - Bed rails.
  - Doorknobs.
  - Light switches.

### **Dispose of Contaminated Waste:**

- Waste containing blood or body fluids is considered a biohazard and should be disposed properly.
- Put on gloves before handling biohazardous waste. Remove gloves and wash your hands afterward immediately.