

Universal Precautions/Standard Precautions Policy

Home's must create their own policy, but may use this as a guide

For more information on Universal Precautions/Standard Precautions please visit the CDC website at <http://www.cdc.gov/>

Universal precautions/standard precautions are minimum infection prevention practices that apply to all resident care, regardless of suspected or confirmed infection status of the person. These practices are designed to protect the health care worker and the resident from spreading infection among residents. These precautions include:

1. Hand hygiene;
2. Use of personal protective equipment (for example, gloves, gowns , masks);
3. Safe handling of potentially contaminated equipment or surfaces in the resident environment;
4. Respiratory hygiene, cough etiquette; and,
5. Safe injection practices. (If facility has personnel approved for medication injection)

Hand Hygiene

Hands should be cleaned after touching blood, body fluids, secretions, excretions, contaminated items; immediately after removing gloves; between resident contacts.

Use soap and water when hands are visibly soiled (for example, blood, body fluids, dirt) or after caring for persons with known or suspected infectious diarrhea. Otherwise the preferred method of hand decontamination is with an alcohol-based hand rub.

Personal Protective Equipment

- **Gloves** For touching blood, body fluids, secretions, excretions, contaminated items; for touching mucous membranes and nonintact skin.
- **Gown** During procedures and resident-care activities when contact of clothing/exposed skin with blood/body fluids, secretions and excretions is anticipated.
- **Mask** During procedures and resident-care activities likely to generate splashes or sprays of blood, body fluids, and secretions.

Soiled Resident-Care Equipment

Handle in a manner that prevents transfer of microorganisms to others and to the environment; wear gloves if visibly contaminated; perform hand hygiene

Environmental Control

Use procedures for routine care, cleaning, and disinfection of environmental surfaces, especially frequently touched surfaces in resident-care areas.

Textiles and Laundry

Handle in a manner that prevents transfer of microorganisms to others and to the environment.

Resident Placement

Prioritize for single-resident room if person is at increased risk of transmission, is likely to contaminate the environment, does not maintain appropriate hygiene, or is at increased risk of acquiring infection or developing adverse outcome following infection.

Resident Resuscitation

Use mouthpiece, resuscitation bag, or other protective ventilation devices to prevent contact with mouth and oral secretions.

Respiratory Hygiene/Cough Etiquette

This process is to provide source containment of infectious respiratory secretions in symptomatic people. Instruct symptomatic persons to cover mouth/nose when sneezing/coughing; use tissues and dispose in no-touch receptacle; observe hand hygiene after soiling of hands with respiratory secretions; wear surgical mask if tolerated or maintain spatial separation, greater than 3 feet if possible.

(If facility has personnel approved for medication injection)

Needles and Other Sharps

Do not recap, bend, break, or hand-manipulate used needles; use safety features when available; place used sharps in puncture-resistant container.