Infection Control Essentials

Protect Yourself and Others- We are all in this together!

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Transforming Lives

Washington State
Department of Social & Health Services

Transforming lives

Introduction

This presentation has been developed for the following homes, facilities, and providers licensed or certified by the Department of Social and Health Services (DSHS) in Washington State:

Adult Family Homes (AFH);
Assisted Living Facilities (ALF);
Certified Community Residential Services and Supports also known as Supported Living (CCRSS); and
Enhanced Services Facilities (ESF).

Training Agenda

- **Basic Infection Control we should all be practicing**
- **When and how to clean your hands (also called hand hygiene)**
- **Personal Protective Equipment (PPE)- how to put on and remove PPE, and when to use it**

To prevent the spread of respiratory viruses such as Coronavirus-2019 (COVID-19), The Center for Disease Control (CDC), says to:

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Wash your hands often with soap and water for at least 20 seconds.

- Use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.

Also:

- **If you are ill, contact your health care professional. To keep from spreading respiratory illness to others, you should:**
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
  - Clean and disinfect frequently touched objects and surfaces.

Our Actions Matter

Any staff that develop signs and symptoms of respiratory infection (coughing, sneezing, fever, runny nose, shortness of breath, sore throat, fatigue) while on-the-job, should:

- Immediately stop work, put on a facemask, and self-isolate at home; contact your health care provider to discuss further actions
- Inform your supervisor

Cleaning your hands
"Hand Hygiene"

Cleaning your hands

Clean your hands by using either handwashing (washing hands with soap and water), or using an alcohol-based hand sanitizer.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the best ways to prevent the spread of germs.

Clean hands can stop germs from spreading from one person to another and throughout an entire community.

Follow These Five Steps Every Time

1. Wet your hands with clean, running water (warm or cold) and apply soap.

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds. How long is 20 seconds? Hum the "Happy Birthday" song two times from beginning to end.

4. Rinse your hands well under clean, running water.

5. Dry your hands using a clean towel.

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Using Alcohol Based Hand Sanitizer

How to use hand sanitizer

- Apply the gel product to the palm of one hand.

- Rub your hands together.

- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

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Hand Hygiene – LOTS of it! When?

➢ **When entering the home or facility**

➢ **Before touching a client/resident- no handshaking right now, limit touching as much as possible**

➢ **When leaving a client/resident's room**

➢ **Before and after touching your own face, eyes, mouth**

➢ **After you cough, sneeze or use the bathroom**

➢ **After you remove gloves/PPE**

➢ **After touching a client/resident's immediate environment**

➢ **After touching frequently touched surfaces (i.e. door knobs)**

➢**Before and during food preparation**

Equipment

- **Think about the items you usually bring into client/resident homes/facilities when you are working (jacket, purse, cell phone notebooks, pens etc.)**
  - Limit this equipment to essential items only.
- **Do not to set your items down on potentially contaminated surfaces.**
  - Use a barrier, water-proof is best, paper towels are better than nothing
- **Sanitize your items before AND AFTER bringing them into the client/resident home/room/facilities**
  - Use sanitizing wipes
  - Wash clothes regularly
- **Clean and sanitize any shared equipment used by more than one person after each use**
  - For example: thermometers, trays, dishes, utensils
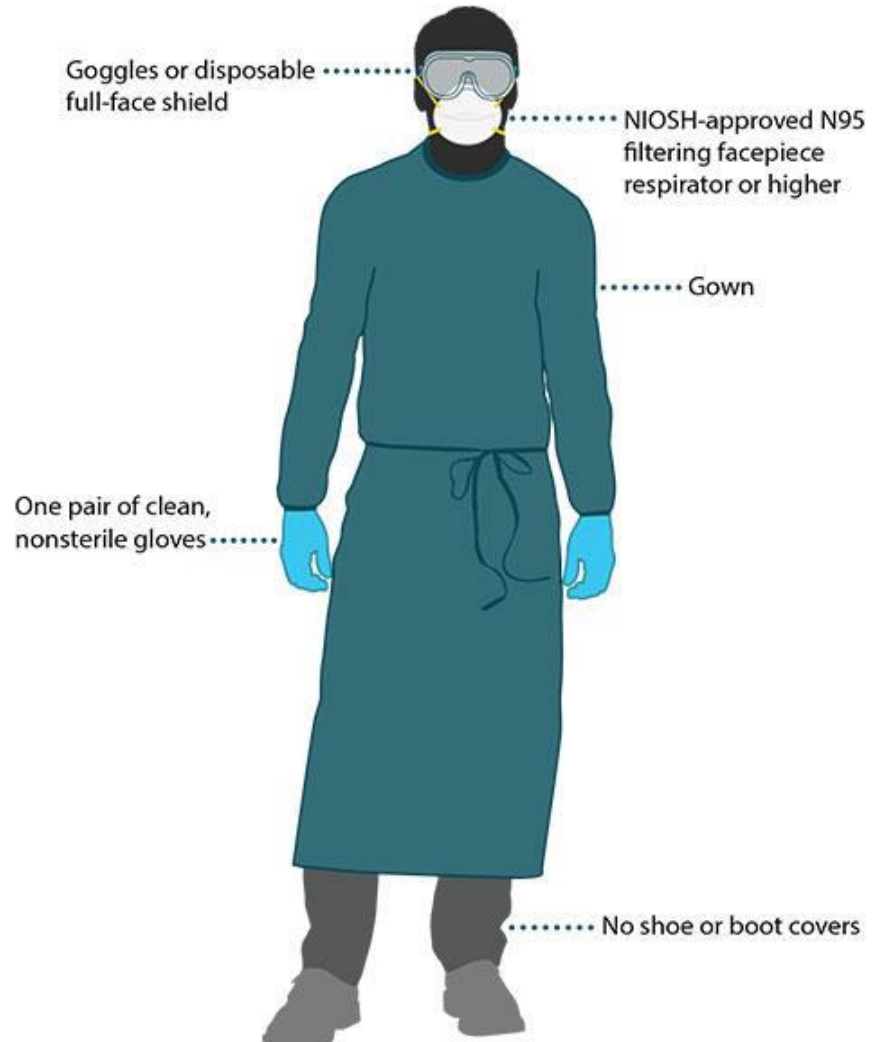 - Bathrooms and bathing areas

Personal Protective Equipment (PPE)

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Personal Protective Equipment (PPE) Definition

"Specialized clothing or equipment worn by an employee for protection against infectious materials" -Occupational Safety and Health Administration (OSHA)

Types of PPE that can be used in Client/Resident Homes and Facilities

- Gloves – protect hands
- Gowns/aprons – protect skin and/or clothing
- Masks and respirators– protect mouth/nose
  - Respirators – protect respiratory tract from airborne infectious agents
- Goggles – protect eyes
- Face shields – protect face, mouth, nose, and eyes

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Goggles or disposable full-face shield

NIOSH-approved N95 filtering facepiece respirator or higher

Gown

One pair of clean, nonsterile gloves

No shoe or boot covers

➢Goggles or face shield – eyeglasses do not count!

➢Mask/respirator and eye protection prevents coughs, sneezes, and droplets from entering our eyes, nose, and mouth.

➢Gown and gloves keep our hands and clothing clean so that we don't later accidently bring germs into our eyes, nose and mouth or carry a virus to another person on our clothing.

Face Shield

Surgical Mask (N95 respirator if performing or assisting with aerosol-generating procedures)

Gown – isolation or procedure gown

Gloves – standard exam gloves

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Key Points about PPE

If a client/resident has any symptoms (coughing, sneezing, fever, runny nose, shortness of breath, sore throat, fatigue) or has tested positive for COVID-19,

- Put on PPE before entering the client/ resident room

- Use PPE carefully – avoid accidental contamination

- Remove and discard carefully

- Remove respirator (if used) outside room

Key Points about PPE

- Take your time when putting on and taking off PPE
- Avoid touching or adjusting other PPE
- Keep gloved hands away from face
- Avoid touching surfaces and other items
- Clean your hands

Putting On PPE

- Use a CLEAN space
- Gather necessary PPE equipment
    - Hand sanitizer, trash bin
- Tie long hair back away from face, eyes
- Secure eyeglasses so they do not slide
- Remove any jewelry that might be a hazard to your PPE

Putting on PPE

1. Gown first
2. Mask or respirator
3. Goggles or face shield
4. Gloves

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back

- Fasten in back of neck and waist
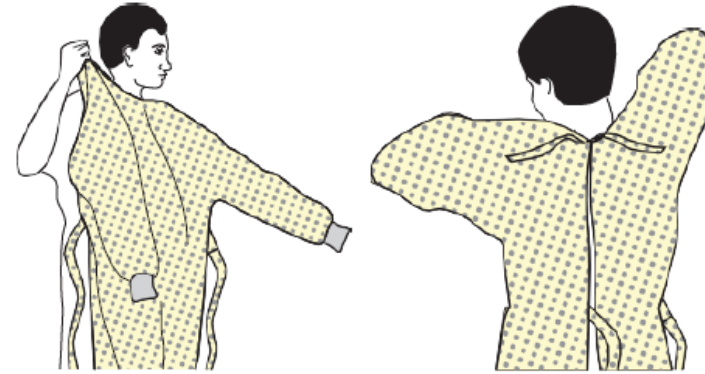
2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck

- Fit flexible band to nose bridge

- Fit snug to face and below chin
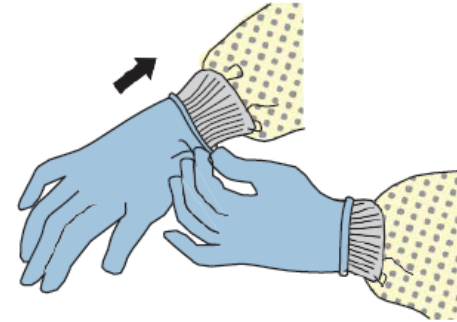
- Fit-check respirator

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3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit
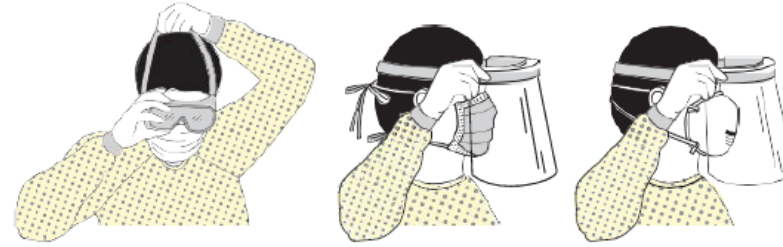
4. GLOVES

- Extend to cover wrist of isolation gown

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

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"Contaminated" and "Clean" Areas of PPE

Parts of PPE considered

<u>Contaminated</u> – outside front of PPE, outer surface of gloves

> These are areas of PPE that have or are likely to have been in contact with body sites, materials, or environmental surfaces where the infectious organism may reside

<u>Clean</u> – inside, outside back, ties on head and back

> These are areas of PPE that are not likely to have been in contact with the infectious organism

To remove PPE

Example 1
1. Gloves
2. Face shield or goggles
3. Gown
4. Mask or respirator

Example 2
1. Gown & Gloves
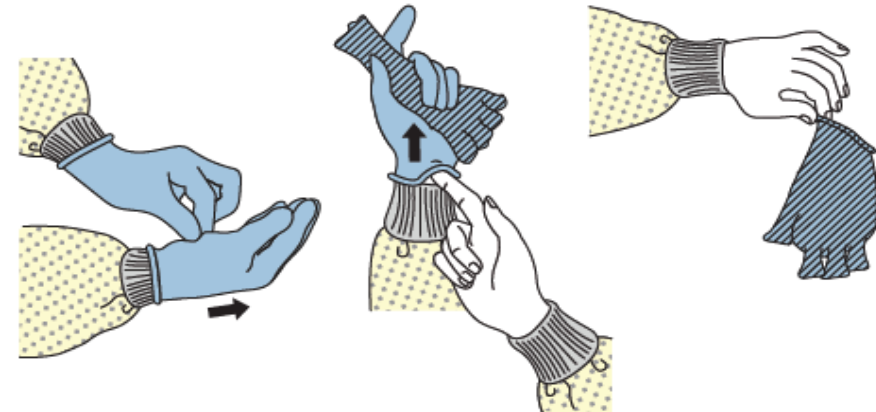2. Face shield or goggles
3. Mask or respirator

Taking PPE off- Example 1

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container

### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

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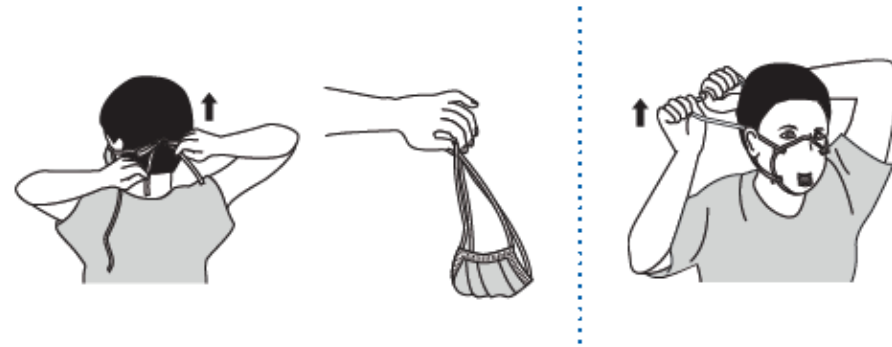# Taking PPE off- Example 1

3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container
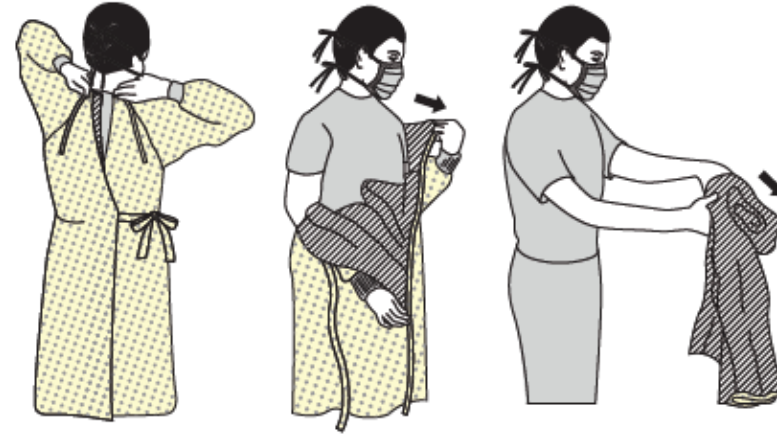
4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container

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Taking PPE off- Example 1

5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE
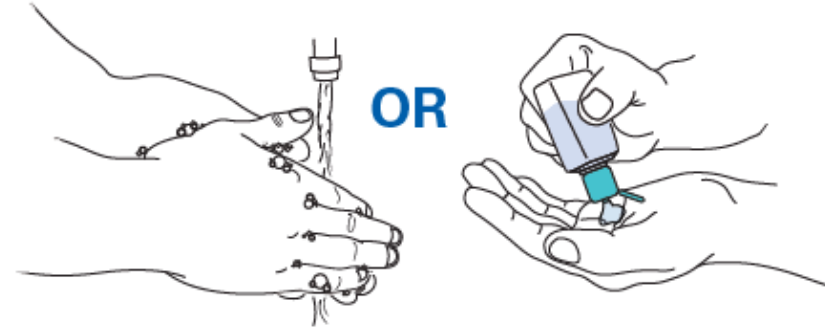
PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

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Taking PPE off- Example 2

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container

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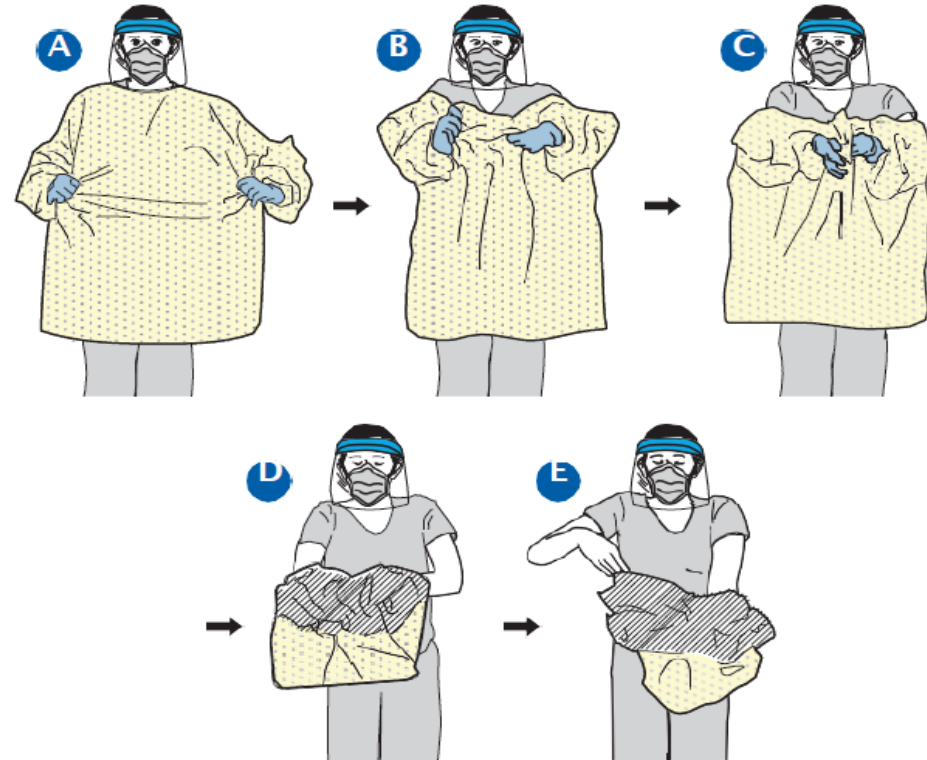
Taking PPE off – Example 2

2. GOGGLES OR FACESHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container

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Taking PPE off- Example 2

4. WASH HANDS OR USE AN ALCOHOL- BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE
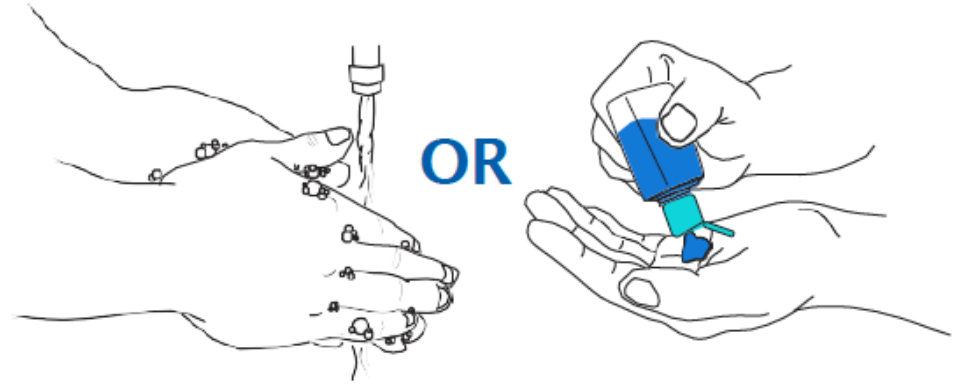
OR

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

CDC

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Three Key Factors Required for a Respirator to be Effective

Correct*

Incorrect

① The respirator must be put on correctly and worn during the exposure.

② The respirator must fit snugly against the user's face to ensure that there are no gaps between the user's skin and respirator seal.

③ The respirator filter must capture more than 95% of the particles from the air that passes through it.
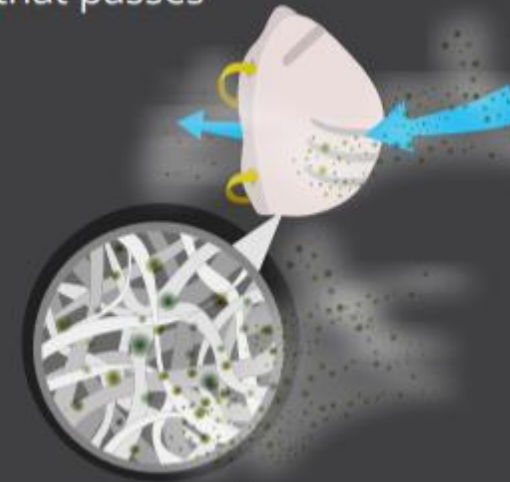
*If your respirator has a metal bar or a molded nose cushion, it should rest over the nose and not the chin area.

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Thank you