

INFECTION CONTROL MEASURES

Treat All Body Fluids and Blood As If they were Infectious!
HANDWASHING ! GLOVES ! SANITATION ! BAGGING

High risk procedures are used when you anticipate the presence of potentially infectious materials, items, fluids, or tasks. Contact includes pus, mucus, vomitus, open wounds, stool, vaginal fluids, semen or blood.

Handwashing

- Supplies include warm running water, liquid soap, and disposable, single-use paper towels or commercial hand blowers.
- Wash the fronts, backs and in between the fingers with soap and gentle pressure (friction).
- Dry hands completely with a single-use paper towel or commercial hand blower.
- Handwashing guidelines apply to infants, children, and adults who have experienced potential exposure.

Wash Hands BEFORE:

- Preparing food, snacks or bottles.
- Serving food, snacks or bottles.
- Eating food, snacks.
- Giving medication or taking temperatures.
- Cleaning wounds or changing bandages.
- Doing any medical or invasive procedures.
- Beginning activities that involve food.

Wash Hands AFTER:

- ANY contact with stool, urine, vomitus, mucus, pus, blood or body fluid.
- Playing with pets, animals or birds.
- Changing a diaper.
- Changing a bandage.
- Tending to a sick child (person) for any reason.
- Using the toilet.
- Messy activities.
- Playing outside, sandboxes, on equipment, etc.

Remember:

- Bathrooms and handwashing areas must be regularly supplied.
- Young children must be monitored for and reminded of handwashing steps each day.
- Diaper-age children must have their hands washed for them, especially after diapering.
- Moistened towelettes are not recommended for routine handwashing. They may be used in the absence of running water and soap, like field trips and for a quick cleanup for soil, grime or sticky substances.

Disease Risks Increase with Dirty or Contaminated Hands
– **Stop the Spread!**

Gloves

- Latex disposable gloves are to be used by individuals performing high risk procedures. Gloves only protect the person wearing them, so care must be taken to prevent contaminated gloves from infecting others or the environment.

Wear Gloves for High Risk Procedures Such As:

- Cleaning up vomitus, stool, blood, urine, pus, and body fluids or secretions.
- Changing bandages, especially if blood, pus or signs of infection are present.
- Cleansing or controlling wounds that bleed or have broken the skin, such as, nosebleeds, tooth loss, cuts.
- Changing diapers.
- Handling linens, clothing, diapers, equipment or surfaces that have been soiled with blood, vomitus, stool, urine or body fluids.

Gloving Guidelines Include:

- Gather all supplies and equipment before putting gloves on.
 - Discard visibly contaminated and potentially contaminated gloves, paper towels, bandages, cotton balls, tissues, etc., used during high risk procedures into a separate, closed plastic bag before disposal into the plastic lined trash receptacle.
 - Remove gloves immediately after completing high risk procedures, by peeling them off of the hands, thus turning the gloves inside out.
 - Discard the gloves into the bag of contaminated items or into the plastic-lined soiled diaper receptacle.
 - After removing gloves, proceed with the task of re-diapering, re-bandaging, replacing supplies, etc.
 - Wash your hands before moving to any other activity.
 - Gloves used for high risk procedure must be discarded immediately. They must be single use, disposable gloves. **NEVER** re-use these gloves!!
 - Utility gloves may be used for general cleaning activities and can be washed and sanitized for re-use.
- Caution:** *Not all gloves are made for re-use. They must be purchased as gloves for cleaning, and are generally a heavier, sturdier glove made of a rubber type material.*

Sanitation/Disinfecting

- Sanitation/disinfecting practices include cleaning the item or surface with soap and water to remove soil, grime, debris, and oils prior to the sanitizing activity.
- Sanitizing or disinfecting practices kill germs (pathogens) by: 1. Using commercially prepared germicidal agents (not just anti-bacterial), 2. Using physical agents such as very high temperature of heat, and 3. Using household bleach and water solutions.
- The activity of sanitizing will kill germs, on contact, when properly used. The activity of cleaning reduces the germs to a “safer level” by the use of soaps, detergents, cleaners and water.
- Sponges are never recommended for sanitizing activities because they can harbor germs and spread them to surfaces.
- Dishwashers clean items, and can assist in the sanitizing process if the water temperature's hot enough, the water pressure is adequate, and the cycle length is appropriate.
- An EPA approved germicidal solution may be used for sanitizing activities; however, care must be taken to prevent toxic substances from accumulating or remaining on items which directly or indirectly go into the mouth.
- Fabrics contaminated with blood, stool, vomitus, pus, mucus or other body fluid must be handled carefully, and laundered separately from general laundry. Sort contaminated laundry from general laundry for commercial laundry services.
- Automatic clothes dryers on hot settings and direct sunlight assist in the germ killing process.

Laundry Bleach Solutions

1 Tablespoon household bleach, mixed with 1 gallon hot water. In the washer, minimum 5 minute wash cycle, hot dryer.

Soak Bleach Solution

1 Tablespoon household bleach, mixed with 1 gallon water, room temperature mixed in a sink, bucket or container for rinsing 2-5 minute soak.

Remove from the bleach rinse and AIR DRY.

General Bleach SPRAY Solution

½ cup household bleach, mixed with 1 gallon water in a well labeled spray bottle. Allow a minimum of 10 seconds contact time before wiping dry with a disposable paper towel.

Bloodborne Exposure and Diapering Areas

1 part household bleach, mixed with 10 parts water in a well labeled spray bottle. Allow a 10-25 second contact time before wiping dry with a disposable paper towel.

Bagging

- Disposal of items which are visibly contaminated or potentially infectious must be separated from the general trash by proper disposal into a separate closed (tied off or taped) plastic bag.

Before bagging, bulk stool or vomitus may be discard into the toilet and flushed. Caution: Limit rinsing, shaking, wringing or dunking to prevent contamination of your clothing, skin, toilets and air.

Types of Bagging:

- Disposable diapers, diaper wipes and gloves, etc. must be placed into a plastic lined container before disposal into the general trash. (Diaper pail)
- All clothing, which has been soiled with urine, vomitus, stool, blood or other body fluid, must be placed into a separate plastic bag, labeled with name and sent home for laundering. Note: Children should have change of clothes available to them. If the program provides laundry service, all staff must know how to handle contaminated laundry.
- All contaminated syringe needles, glass, blades or vials must be discarded into an appropriate “sharp’s container.” **NEVER** re-cap needles. Sharp’s containers must be discarded according to state and local OSHA guidelines.
- All paper towels, bandages, cotton, gauze, gloves, etc., used for any type of bleeding injury must be discard into a separate sealed, plastic bag before discarding into a plastic lined trash receptacle.
- All sanitary napkins and feminine hygiene products must be placed into a plastic lined trash receptacle and sealed or tied off before discarding in the general trash.

CAUTION:

All gloves used during high risk procedures, must be properly discarded immediately after use.

Store the contaminated, labeled laundry bags in a separate plastic lined receptacle until laundry is picked up by parents, laundry service or laundered at the program site. Do not place in cubbies or diaper bags, as these areas often contain clean items, food and/or bottles. **Contamination is very likely!**

Although these guidelines are accepted infection control measures, they are not intended to replace or substitute the mandated OSHA standards, which may apply to the school or childcare program. If the program is responding to the Federal Standards, and are developing an OSHA Exposure Control Plan, strict criteria must be met.