

Guidelines for Infection Control and Standard Precautions

How to Reduce the Spread of Infection:

- Wash your hands
- Get 7 – 8 hours of sleep every night
- Eat healthy meals
- Reduce stress and exercise even if its just going for a walk
- Do not share personal articles such as cups, straws, eating utensils, wash rags, napkins, etc.
- Refrain from touching your face
- Stay home if you are sick especially if you have a fever

Hand washing - Attached handout from the CDC on handwashing and using hand gel

- The single most important means of preventing the spread of infection is handwashing –
- Wearing gloves does not replace hand washing!

Nail Hygiene:

- Pathogens live around and under natural and artificial fingernails
- Fingernails should be kept to ¼ inch in length
- If nails are polished, they should be in good condition with no chipping

Cough Etiquette – Attached handout from the CDC on Cough Etiquette

- Cover your nose/mouth when coughing or sneezing
- Use tissue or inside of sleeve by elbow
- Dispose of used tissues in the nearest waste basket
- Wash hands after contact with secretions or contaminated objects

Use of Gloves:

- Wear when your hands are likely to be in contact with blood or body fluids, mucous membranes, skin that has open cuts or sores, or contaminated items or surfaces
- Use only once
- Discard in waste basket after use
- Do not use if torn, punctured, peeling or cracked
- Not a substitute for handwashing
- Remove properly and wash hands after

Cleaning Measures:

- Sanitize washing machine by using hot water, Select the “extra rinse” option, Add Clorox Regular Bleach to the bleach dispenser, use ½ cup or fill the dispenser to the “max-fill” line, Run the cycle. Be sure you run an extra rinse cycle. To ensure that no bleach is left behind.
- Sanitize hard surfaces with vinegar and water
- Disinfect sponges in the dishwasher or microwave or replace after use
- To disinfect your cell phone use distilled water and isopropyl alcohol on a small cotton ball and gently wipe the phone down. A microfiber cloth will not disinfect your phone
- Wash all bedding regularly in hot water especially if sick
- Wash all towels regularly in hot water – DO NOT share towels or wash rags.
- The AFC environments should use paper towel in the restrooms for drying hands – no hand towels should be used.