

A close-up photograph of a petri dish held by a hand wearing a blue nitrile glove. The petri dish contains a yellowish agar medium with several distinct bacterial colonies. Some colonies are small and circular, while others are larger and more elongated. The background is blurred, showing a laboratory setting with various equipment and containers.

# Infection Control

Helping Restore Ability |

# Course Description

- In this training we will go over how to minimize you, your coworkers and your client's exposure to infection.
- Instructors – Karina Brewer, Eric Tedana and Robin Medina
- Based on our policies and procedures manual

# Instructor Contact Information



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# Materials

## **Books**

- HRA Policies/Procedures Handbook

## **Websites**

- <https://www.cdc.gov/handwashing/when-how-handwashing.html#:~:text=Wet%20your%20hands%20with%20clean,for%20at%20least%2020%20seconds.>
- <https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>
- <https://coronavirus.dc.gov/page/what-covid-19>

## **Videos**

- [://www.youtube.com/watch?v=E0uuXr\\_Axcs](https://www.youtube.com/watch?v=E0uuXr_Axcs)
- <https://youtu.be/zNV6dK6Y-Ek>

# Course Objectives

Course Objectives	Skills Developed
1-Discuss commonly used terms	Recognize commonly used terms
2-Bloodborne/airborne pathogens	Identify differences between bloodborne/airborne pathogens
3-COVID- 19	Identify symptoms and precautions used when referring to COVID-19
4-Hand Hygiene	Display proper hand hygiene
5-PPE to wear	Choosing proper PPE to wear in certain situations
6-Donning/doffing PPE	Display proper usage of PPE and applying correctly

# Section 1- General Terms

- Bacteria- Living organism that can live on surfaces and inside the human body. Bacteria does not need a host to survive.
- Virus- Nonliving organisms that effect all life forms, from humans, to animals, to plants. Viruses must have a host to survive.
- Immune system- Bodies defense system that helps fight against infection/disease, bacteria, and viruses.
- Sterile- Free of bacteria, viruses and other harmful microorganisms.



# Types of Contact/Spread

- Direct Contact- infection spread by skin-skin contact or droplet-skin contact.
- Indirect Contact- infection spread by air or other mechanisms.
  - Ex. airborne, contaminated objects, food/drinks
- Vector Borne diseases- infection spread by animals or insects.



# Section 2- Bloodborne/Airborne Pathogens

## Airborne

Germs spread through the air by someone who sneezes, coughs, or even talks.

- Ex. SARS, Chicken Pox, Tuberculosis, Coronavirus

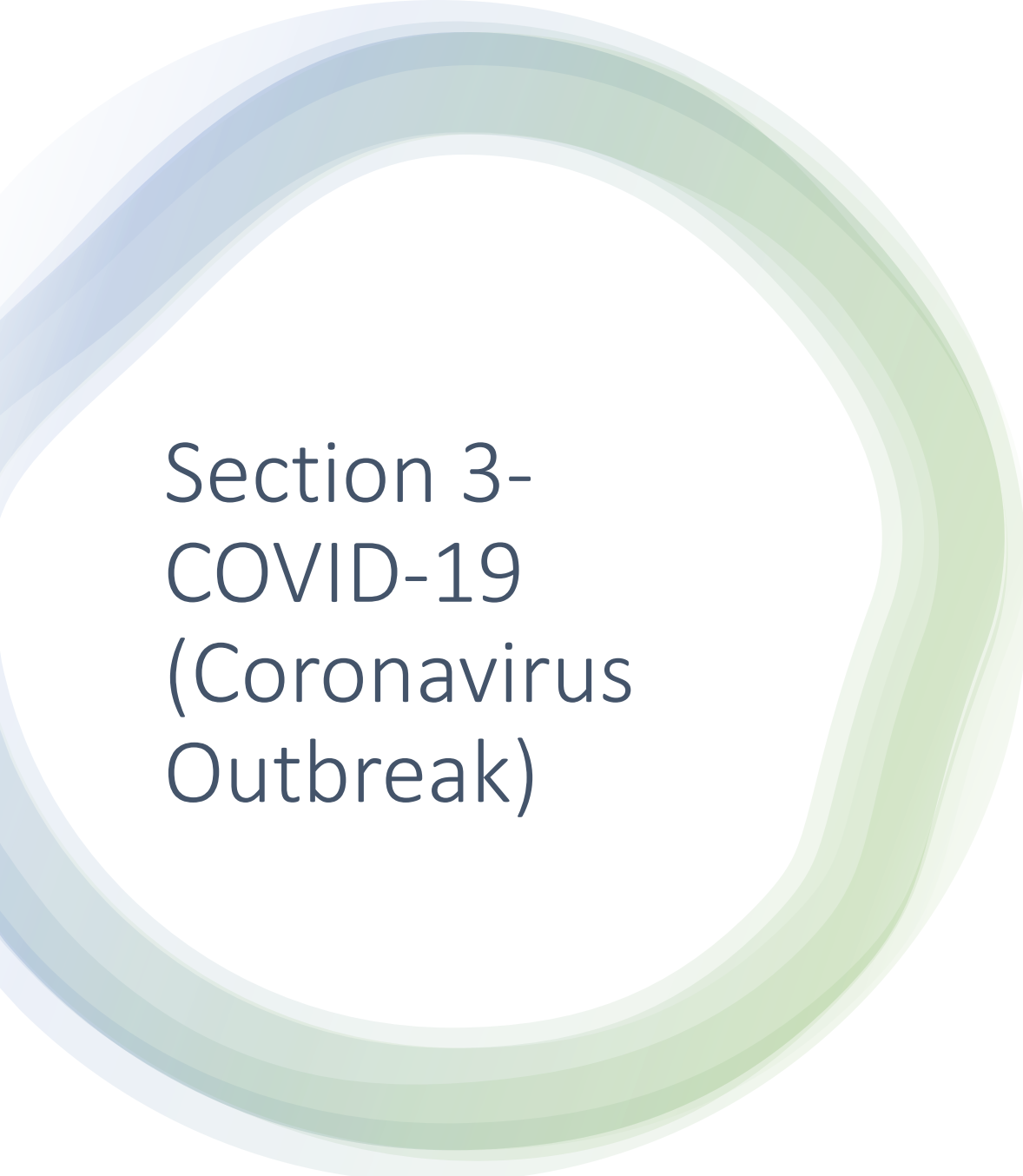


## Bloodborne

Germs spread through blood of a diseased person.

- Ex. HIV, HEP B., present on used needles/bandages



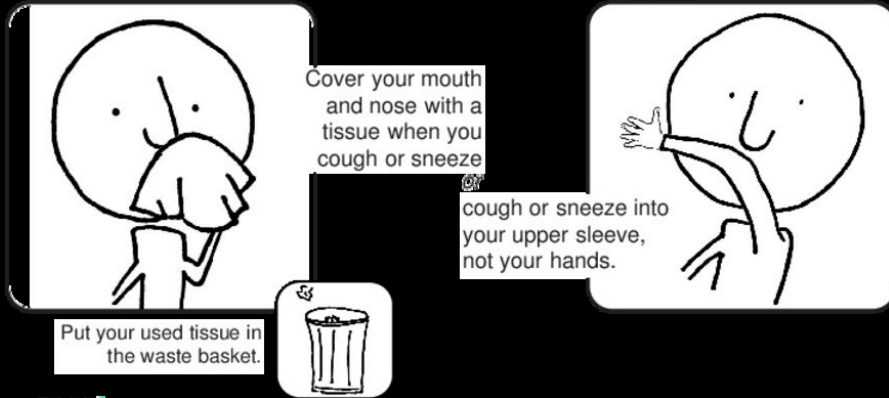


## Section 3- COVID-19 (Coronavirus Outbreak)

- Coronaviruses are a large family of viruses that can cause anything from the common cold to more severe diseases such as SARS and Middle East Respiratory Syndrome (MERS).
  - COVID-19 is a new strain of coronavirus mainly causing respiratory illness and outbreak.
- Symptoms Include :
- Cough
  - Fever
  - Headache
  - New loss of taste or smell
  - Repeated shaking with chills
  - Sore throat
  - Shortness of breath
  - Muscle pain

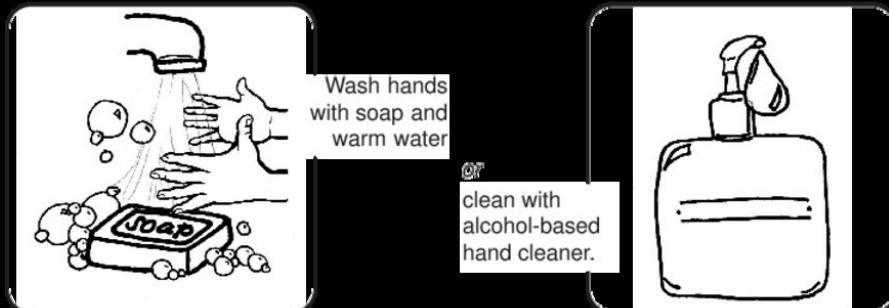
Stop the spread of germs that make you and others sick!

# Cover your Cough




# Clean your Hands

after coughing or sneezing.



## COVID-19 Guidelines

- Avoid touching face
- Social distancing (as much as possible)
  - Although this is difficult when doing client care we encourage it as much as possible. If you must be in close quarters with someone insure you have all PPE necessary for the protection of you and your client.
- Cough etiquette
- Pre-screen yourself and your client before every visit
- If you or your client have any symptoms, contact supervisor immediately



Use all the following  
precautions when dealing with  
possible COVID-19 Clients

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Refer to HRA Policy handbook

# Avoiding Contact

## **Airborne Pathogens/COVID-19**

- Mask
- Eye protection
- Gloves

Should be worn if client shows symptoms of airborne disease

## **Bloodborne Pathogens**

- Gloves should be worn when client has a known blood carried disease
- Should assume all blood/bodily fluids are infectious
- Never touch objects contaminated with bodily fluid without gloves
- Never recap needles

# If *you* are sick

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Must report *immediately* to supervisor ( Abby Starling) at the first sign/symptom of illness so that appropriate arrangements can be made for your client



Before returning to work after being off due to an infectious or communicable disease, contact your supervisor to clear you for your duties.

# Section 3- Hand Hygiene

- Washing hands regularly with antiseptic soap
- Washing hands / sanitizing before and after gloves are worn
- Using Alcohol-based hand sanitizer when washing hands isn't available

✓ **General Rule-** *If it's wet, wear gloves!*

Use new gloves for each procedure and use them only once! Don't reuse disposable gloves.

# Cleaning in the Home

- Clean client's home with good disinfectants
  - Bleach solution, Lysol, Clorox
- Clean any medical supplies in the bathroom, then clean the bathroom **last**
- Wear gloves when using disinfectant cleaners



## Section 4- PPE to Wear

### Gloves

- ALWAYS when doing: Routine personal care (bathing, dressing, toileting, assisting with medication, oral hygiene, grooming, skin/nail care, transferring), cleaning

### Mask

- Always while in client's home

### Goggles/Eye Protection

- When in close contact with client who has signs of airborne disease
- Client has signs/symptoms of coronavirus/TB/other respiratory disease

# Section 5- Donning/Doffing PPE

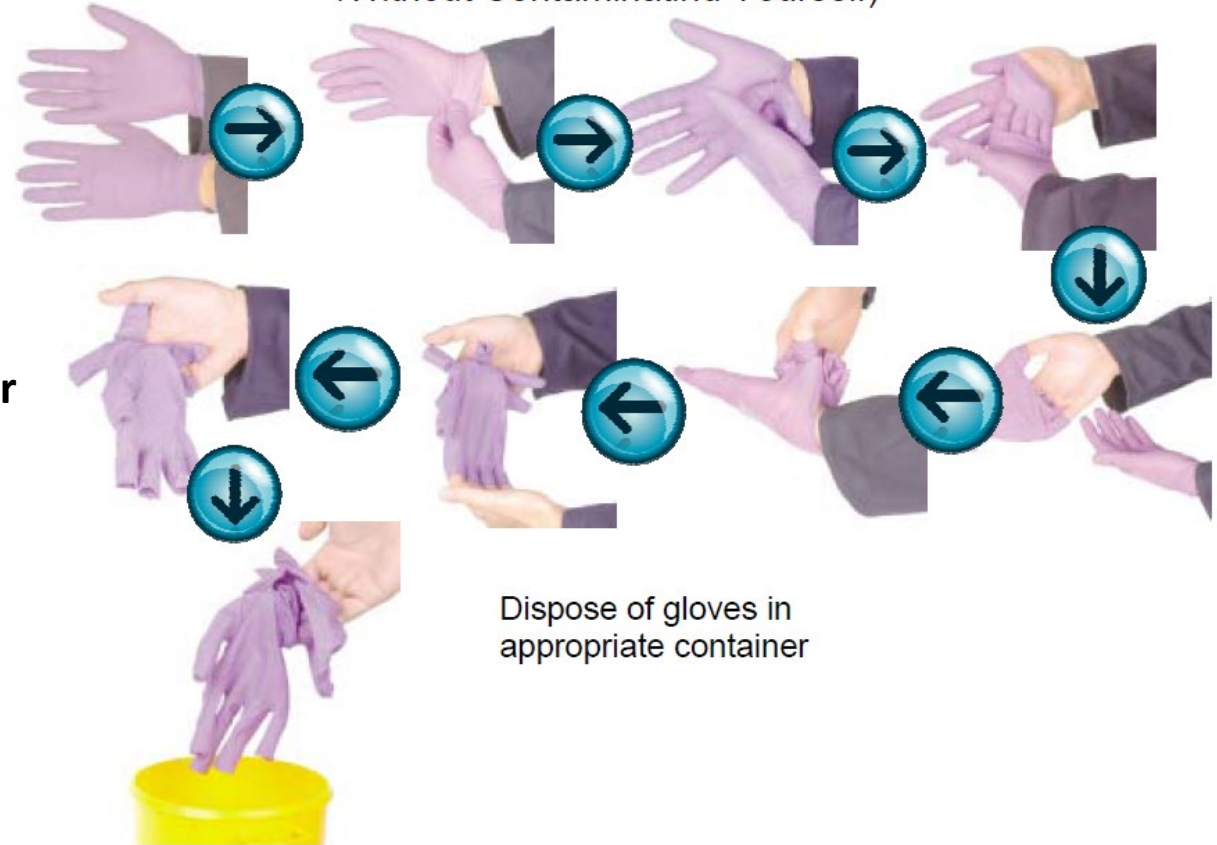
# Gloves

1. Pinch and hold the **outside** of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside out.
3. Pull the glove away until it is removed from the hand and **hold the inside-out glove with the gloved hand**.
4. With your un-gloved hand, slide your finger/s **under the wrist** of the remaining glove, **taking care not to touch the outside of the glove**.
5. Again, peel downwards, away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand.

This will ensure that both gloves are inside out, one glove enveloped inside the other, with no contaminant on the bare hands.

## How to Remove Gloves

(Without Contaminating Yourself)



# Mask (Surgical)

1. Position the colored side of the mask outward.
2. If present, make sure the metallic strip is at the top of the mask and positioned against the bridge of your nose.
3. If the mask has:
  - Ear loops: Hold the mask by both ear loops and place one loop over each ear.
  - Ties: Hold the mask by the upper strings. Tie the upper strings in a secure bow near the crown of your head. Tie the bottom strings securely in a bow near the nape of your neck.
4. Mold the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.
5. Pull the bottom of the mask over your mouth and chin.
6. Be sure the mask fits snugly.

**Don't touch the mask once in position.**

**If the mask gets soiled or damp, replace it with a new one.**

**Check for defects in the face mask, such as tears or broken loops.**



[://www.youtube.com/watch?v=E0uuXr\\_Axcs](https://www.youtube.com/watch?v=E0uuXr_Axcs)

# Masks (N95 Respirators)

1. Hold the respirator in the palm of your hand with the straps facing the floor.
2. Place the N95 respirator on your face covering your nose and mouth.
3. Pull the bottom strap up and over top of your head and put it behind your head below your ears.
4. Take the upper strap and put it behind your head towards the crown of your head.
5. Mold the nose piece of the respirator over the bridge of your nose to obtain a tight seal.

**Perform a fit check to ensure there is a good seal against the skin.**



<https://youtu.be/zNV6dK6Y-Ek>

If you have questions, please ask your supervisor.



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