
360.65**Infection Control Guidelines****Overview**

Introduction

Because a variety of infections can be transmitted whenever health care is performed, care must be taken to protect both the health care worker and the participant. Basic infection control guidelines must be followed. This includes using universal precautions when finger-sticks, heel-sticks, immunizations and other procedures dealing with body fluids are performed, and also when cleaning surfaces and items that have come in contact with body fluids. This policy outlines precautions against the transmission of bloodborne pathogens such as HIV infection (AIDS) and other communicable diseases.

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Hand Washing and Disposable Gloves

Hand washing is required Wearing disposable gloves does not eliminate the need for thorough hand washing. Health care workers must wash their hands thoroughly with soap and water after handling body fluids **and** after seeing each participant.

Hand cleaning without a water supply If a water supply is not available, use germicidal wipes or non-water germicidal solution to clean hands. The primary choice is to use:

- Solutions with a base that is at least 60% alcohol

Other potential substitutes include:

- Chlorhexidine, and
- Iodophors.

References: Food and Drug Administration. Topical antimicrobial products for OTC use; tentative final monograph for health care antiseptic drug products. Federal Register, 1994;59:31221-31222.

Guidelines for Hand Hygiene in Healthcare Settings Published 2002, October 25, 2002/Vol. 51/No. RR-16. <http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>

When to use gloves Use disposable gloves when there is the potential to come in contact with blood, mucous membranes, and other body fluids, such as when:

- Performing screening tests,
- Handling blood spills or blood-contaminated articles, or
- Removing cuvettes from a HemoCue.

Change gloves Change gloves after each participant. Wash hands or use waterless hand rub after removing gloves. **Do not** wash or disinfect gloves for reuse.

Which medical gloves to use Use vinyl, nitrile, or latex medical gloves marked:

- Sterile surgical, or
- Non-sterile examination.

It is important that gloves fit properly. Gloves that are too tight may cause skin irritation and gloves that are too large or loose may interfere with the procedure.

Latex allergies Employees and participants may be sensitive to latex gloves. Allergic reactions to latex are especially common for people who have spina bifida. Agencies should keep a small supply of non-latex gloves to use with latex-sensitive participants and staff.

Blood Collection

Lancing devices Use **only** disposable lancets and platforms.

Needles Needles must **not** be:

- Recapped
- Deliberately bent
- Broken
- Removed from disposable syringes, or
- Otherwise manipulated by hand.

Disposing of blood-collecting devices Place used needles, stylets, capillary tubes and microcuvettes in a puncture-resistant container (metal or heavy plastic), **use containers with lids that shut, and shut lids when the containers are not in use.**

Note: Check with your county board of health for OSHA disposal policies.

Transporting lab specimens Place laboratory specimens that require transport in an appropriately labeled container with a secure lid, and place the container in a leak-proof container.

Discarding body fluids Discard body fluids such as urine or blood in a toilet.

Keep out of reach Ensure that all equipment, medical supplies, and waste used for is kept out of reach of participants. This includes disposal devices.

Cleaning Clinic and Equipment

Environmental infection control	<p>WIC equipment and clinic work surfaces must be cleaned on a regular basis. Use the following guidelines to assure the highest sanitary conditions possible.</p> <ul style="list-style-type: none"> • Use a paper liner or other barrier protective covering on the infant scale and length board to catch any body fluid spills such as urine, feces, vomit. • Clean scales, length boards and height boards daily following the manufacturers' cleaning instructions or with using an EPA-registered detergent/disinfectant. • Immediately clean and disinfect equipment following contact with a participant with visible skin lesions or after contact with body fluids. • Use protective gloves when cleaning up spills. • Promptly clean up spills and disinfect appropriately.
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Detergent/disinfectant	<p>Clean surfaces with an EPA-registered detergent/disinfectant such as a:</p> <ul style="list-style-type: none"> • Germicide or disinfectant that is approved for hospital use by the EPA, or • Mixture of one tablespoon bleach + 1 quart water. Mix fresh daily. <p><u>Note:</u> Do not use bleach on metal equipment it will corrode the surface. Do not use alcohol to disinfect large surfaces.</p>
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Body fluid spills	<p>Clean body fluid spills (urine, feces, or vomit) with soap and water and then disinfect surfaces with bleach or other disinfectant.</p> <p>Note: Large amounts can be wiped up first and then cleaned and disinfected.</p>
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Blood spills	<p>Clean all blood spills immediately with an EPA-approved disinfectant or 1:10 bleach solution. Check manufacturer's instructions before cleaning. Spills should be cleaned by staff who have had training in bloodborne pathogens and vaccination protection against hepatitis B.</p>
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HemoCue machine	<p>Follow manufacturer instructions on cleaning and disinfecting a HemoCue machine.</p>
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Disposable materials	<p>Place all contaminated disposable materials (cotton swabs) in a plastic bag and seal before discarding into the clinic's normal disposal system.</p>
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Cleaning and Disinfecting Toys

Cleaning and disinfecting

Cleaning toys with soap and water helps remove dirt, debris, saliva, mucous, etc. After cleaning toys, they should be disinfected. Disinfecting toys helps kill the germs on the surface. There are many products that meet the Environmental Protection Agency's (EPA's) standards for disinfecting.

Bleach and water solution

A household bleach and water solution can be used. Household bleach containing 5.25% or 6.00% hypochlorite may be used. Mix the bleach and water solution using the following recipe:

- ¼ cup household bleach in 1 gallon of cool water or
- 1 tablespoon bleach + 1 quart cool water

The bleach and water solution should be mixed daily. Clearly label and date the container containing the bleach and water solution.

Caution:

- When mixing the bleach and water solution, wear gloves and protective eyewear.
 - Keep out of the reach of children.
 - Do not mix household bleach with other household chemicals. This will produce toxic and hazardous gases.
 - Allow the toys to completely air dry before allowing children to use.
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Other products

Other products that meet EPA's standards for hospital grade germicides can be used.

Caution: Do not use products that carry a DANGER or a DANGER, CORROSIVE warning label.

Disinfecting

If using a bleach and water solution, spray the toys and allow the surface to stay wet for 2 minutes. Then allow the toys to air dry. If disinfecting wipes are used, a different wipe should be used for each toy. Germs can spread from toy to toy if using the same wipe.

Selecting toys

Toys selected for use in clinic should be washable. For example, if books are used, they should contain plastic coated pages than can be sprayed or wiped with a disinfecting solution.

Reference

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition. Pages 117-118. Website: <http://nrckids.org/CFOC3/CFOC3-grayscale.pdf>.

Respiratory Hygiene/Cough Etiquette

Introduction Proper steps should be taken in clinic to help prevent the spread of illness.

Guidelines The following steps should be taken to help prevent the spread of illness.

1. Post signs and entrances and strategic places with instructions for clients to cover their mouth/noses when coughing or sneezing, use and dispose of tissues, and perform hand hygiene after hands have been in contact with respiratory secretions.
2. Provide tissues and no touch receptacles, if possible.
3. When possible, provide resources and instructions for performing proper hand washing.
4. Provide conveniently located alcohol based hand rub dispensers and where sinks area available, supplies for proper hand washing.

References The following are infection control references available for use regarding infection control guidelines.

- Guidelines for Environmental Infection Control in Health-Care Facilities. Centers for Disease Control, *Morbidity and Mortality Weekly Report*, June 6, 2003.
- Centers for Disease Control and Prevention. Guidelines for Hand Hygiene in Health-Care Settings: Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. *MMWR* 2002;51 (No. RR-16): pp. 1-56. This can be found at <http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>.
- 2007 Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings, Siegel J, Rhinehart E, Jackson M, Chiarello L; the Healthcare Infection Control Practices Advisory Committee <http://www.cdc.gov/hicpac/pdf/isolation/Isolation2007.pdf>.
