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.

In this policy
This policy contains the following topics.

<table>
<thead>
<tr>
<th>Topic</th>
<th>See Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand Washing and Disposable Gloves</td>
<td>2</td>
</tr>
<tr>
<td>Blood Collection</td>
<td>3</td>
</tr>
<tr>
<td>Cleaning Clinic and Equipment</td>
<td>4</td>
</tr>
<tr>
<td>Cleaning and Disinfecting Toys</td>
<td>5</td>
</tr>
<tr>
<td>Respiratory Hygiene/Cough Etiquette</td>
<td>6</td>
</tr>
</tbody>
</table>
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.


**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) and tape the lid shut.

*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.
### Environmental infection control

WIC equipment and clinic work surfaces must be cleaned on a regular basis. Use the following guidelines to assure the highest sanitary conditions possible.

- 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.

### Detergent/disinfectant

Clean surfaces with an EPA-registered detergent/disinfectant such as a:

- Germicide or disinfectant that is approved for hospital use by the EPA, or
- Mixture of one tablespoon bleach + 1 quart water. Mix fresh daily.

**Note:** Do **not** use bleach on metal equipment it will corrode the surface. Do **not** use alcohol to disinfect large surfaces.

### Body fluid spills

Clean body fluid spills (urine, feces, or vomit) with soap and water and then disinfect surfaces with bleach or other disinfectant.

**Note:** Large amounts can be wiped up first and then cleaned and disinfected.

### Blood spills

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.

### HemoCue machine

Follow manufacturer instructions on cleaning and disinfecting a HemoCue machine.

### Disposable materials

Place all contaminated disposable materials (cotton swabs) in a plastic bag and seal before discarding into the clinic’s normal disposal system.
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.

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

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.

