

Infection Control Training: The Basics

For all staff and vendors of the Department of Corrections

Basic Infection Control Measures Make a Difference

- Wash hands frequently
- Cover your mouth when you cough or sneeze: Best practice is to sneeze into your elbow!
- Wear a mask when you desire or are required
- Wear gloves when dealing with cleaning liquids or bodily fluids
- Clean work areas before your shift including all high touch areas including phones, keyboards etc.
- Stay home when you are sick



Wash Hands Frequently

Use soap and water or alcohol or non
alcohol hand sanitizer!

Washing hands prevents illnesses and spread of infections to others

Handwashing with soap or antiseptic hand sanitizer removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like phones, computers, table-tops, or counters, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent the spread of diarrhea and respiratory infections and may even help prevent skin and eye infections.

Proper Hand washing with soap and water

A stylized illustration of two hands being washed. The hands are light skin-toned and are positioned in the center of the frame. They are surrounded by numerous white, circular soap bubbles of varying sizes. The background is a soft, light blue with abstract, wavy shapes in a slightly darker shade of blue, creating a clean and hygienic atmosphere.

When using soap and water:

- When cleaning your hands with soap and water, wet your hands first with water,
- Apply the amount of product (soap) recommended by the manufacturer to your hands,
and rub your hands together vigorously for at least 15-20 seconds, covering all surfaces of the hands and fingers.
- Rinse your hands with water and use disposable towels to dry. Use towel to turn off the faucet.
- Use paper towel to open door to exit and then discard paper towel.

Technique for using alcohol-based or non alcohol hand sanitizer to wash your hands

- When using hand sanitizer:
- Put product on hands and rub hands together
- Cover all surfaces until hands feel dry
- This should take around 20 seconds



Stop the spread of germs

Germs can be easily spread by:

- Coughing
- Sneezing
- Talking
- Singing

Cover your mouth when you cough or sneeze!

- Reduce the germs you spread by making sure your mouth is covered!
- Use your elbow – not your hands! Best Practice!
- Use a tissue if you must use your hands!



Wear a mask when you desire, or it is required:
Putting on a mask (donning)



How to Don a Mask

- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with ties or elastic
- Adjust to fit



PPE Use in Healthcare Settings

Wear gloves when dealing with or cleaning liquids or bodily fluids – including blood!



Wash hands after removing gloves.
Discard contaminated gloves safely in covered trash

Clean work areas before starting your shift

- Use sanitizing wipes and gloves to clean high touch areas including phones, computers, top of desk and counter tops.
- Limiting the number of germs that can live on these surfaces reduces the chances of spreading illness.
- Other high touch areas like light switches and door handles should be cleaned too!



Stay home and call out when your sick

- Going to work sick isn't helping anyone.
- You don't feel your best and won't do your best if you feel poorly.
- You can easily spread germs if you go to work sick.
- You will not recover as quickly if you do not eat, drink water and rest when you are ill.
- It is hard when you know that you are leaving a shift short, but if you contaminate others at work you may begin a cascade of short shifts due to illness.

Personal Protection Equipment (PPE)

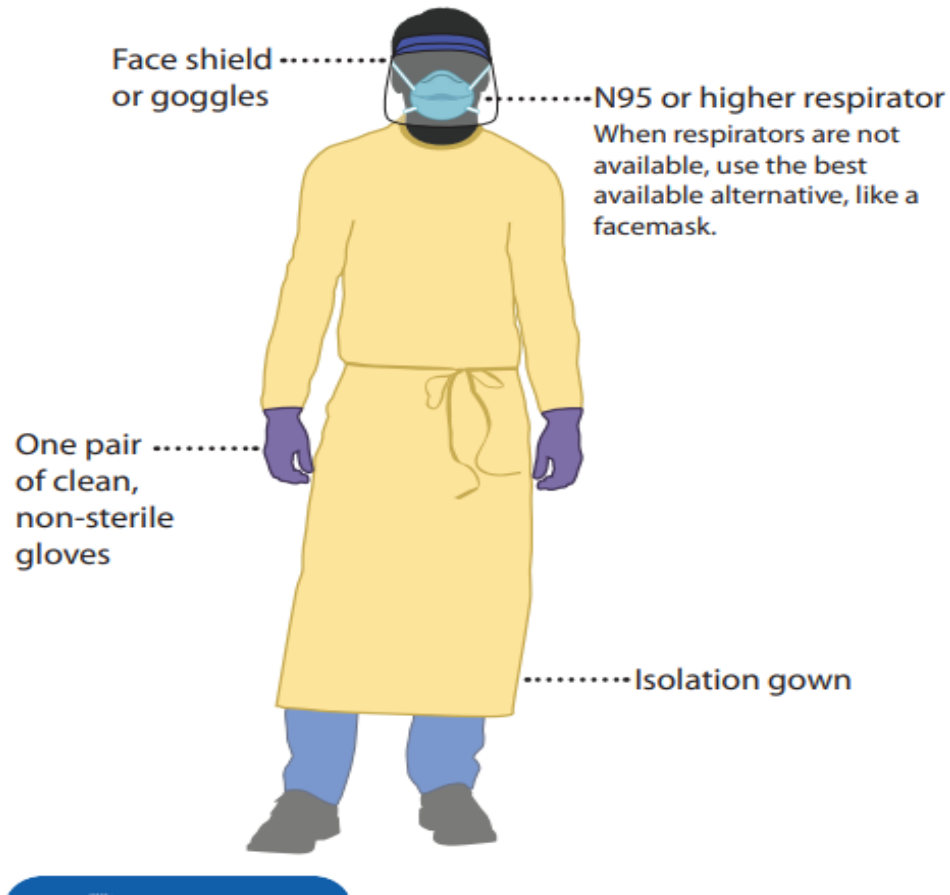
- For exposure to blood and body fluids extra PPE may be needed.
- For exposure to airborne viruses more PPE may be needed as well.
- Masks, gloves, gowns should be put on (donned) or taken off safely (doffed) without contaminating others or yourself.
- PPE should be available at all times for situations that may arise that would require increased protection including bleeding, vomiting, quarantine or isolation.

PPE Personal Protection Equipment

Medical gloves	Mask	Gown	Prevent
Always wear gloves when potential for contact with blood or body fluids	Mask and goggles/safety glasses if there is concern for spray or splashing of blood or body fluids	Gown for protection of clothes and body from spray of blood or body fluids	Prevent puncture wounds and cuts from potentially infected items- never place you hand in places you cannot see when doing searches

COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

Preferred PPE – Use N95 or Higher Respirator



Acceptable Alternative PPE – Use Facemask



Donning PPE

PPE: KN95 or face mask is needed for any isolated person with Covid-19 or quarantined person with COVID-19 risk

1. Identify and gather the proper PPE to put on.
2. Have surgical mask on. (Or KN95)
3. Perform proper hand hygiene using hand sanitizer or soap and water.
4. Put on disposable gown. Tie all of the ties on the gown. Assistance may be needed by another person.
5. Put on gloves over cuffs of gown.
6. Remove surgical mask and put in trash.
7. Put on KN95 mask or clean face mask. Both your mouth and nose should be protected.

Doffing or Removing PPE

PPE:

1. Remove gown. Pull in center of chest and break ties and center of back. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Gently pull down arms and include gloves in the gown. Dispose in trash.
2. Remove face mask or KN95.
3. Perform proper hand hygiene.
4. Apply clean face mask or KN95.

Infection Control: Little Things can make a Difference for you, your family and your friends

- Infection control is everyone's responsibility.
- Stay healthy by eating well, drinking water and exercising!
- Avoid others who are known to be sick or feeling poorly
- When illness does occur, stay home and recover.
- Make an effort to stay well!

Thank you

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