“Universal Precautions” for Open Doors

Transition Center Nurse
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How Infections Are Spread

Direct Contact
- touching
- kissing
- sexual contact
- contact with secretions

Indirect Contact
- door knobs
- computers
- phones
- toys
- pens
- money
Standard Precautions

• Hand Hygiene
• Cough Etiquette
• Personal Protective Equipment (gloves, masks)
• Recommended Vaccinations
• Self-Education
• Education for Consumers
Hand Hygiene

#1

- Wash your hands when they look dirty
- Before and after direct personal care
- Before and after activities that contaminate them
1. Remove watch & jewelry
2. Wet with lukewarm water
3. Soap to a lather (liquid preferred)
4. Include between & tips of fingers, nail beds, thumbs, creases & backs of hands
5. Rub vigorously for 20 seconds
6. Rinse well with lukewarm water
7. Dry thoroughly
8. Turn off fixtures and open door with a barrier (clean paper towel)
HOT DEBATE

Towels vs. Jet Dryers
• Can use if your hands look clean
• Use enough to WET your hands
• Rub until it evaporates
• About 20 seconds
• Do NOT use towel or clothes to dry
Gloves

1. When there is risk of coming into contact with body fluids
2. When cleaning surfaces that may be contaminated

Gloves do not substitute for good hand washing.
Cough/Sneeze Etiquette

• Cover your mouth and nose with a tissue
• Put used tissues in waste basket
• If tissue unavailable, use your upper sleeve
• Wash your hands after coughing
Stay HOME when you are SICK.
If you must go out WEAR A MASK!!!!!
COVID-19 Transmission

- Thought to spread person-to-person mainly by coughing or sneezing
- May be possible from touching a contaminated surface or object and then touching own face
- Contact with fecal matter from an infected person may also transmit it

Locations with Confirmed COVID-19 Cases
Global Map
As of 11:00 a.m. ET March 4, 2020

Global case numbers are reported by the World Health Organization (WHO) in their coronavirus disease 2019 (COVID-19) situation report [1]. For U.S. information, visit CDC's COVID-19 in the U.S.
The best way to prevent illness is to avoid exposure.

• Wash your hands often with soap and warm water for at least 20 seconds.
• Carry and use a hand sanitizer that is at least 60% alcohol.
• Avoid touching your eyes, nose and mouth with unwashed hands.
• Avoid close contact with people who are sick.
• Stay home when you are sick, to protect yourself, co-workers and others.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces.
• If you experience flu-like symptoms and have traveled to areas of concern or have been in contact with somebody who has, call ahead to your health care provider before going in to get instructions on how to proceed.
• Keep your immune system strong by getting enough sleep, eating well and taking medications as prescribed.
• It is not too late to get a flu shot.
• Follow all instructions from health and governmental authorities.
Reliable Resource Links for Corona Virus 19

County Websites https://www.health.ny.gov/contact/contact_information/

NYC Specific https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page


Beware of criminals pretending to be WHO to steal money or sensitive information through email, websites, phone calls, text messages, and even fax messages.

The World Health Organization will never:

- ask you to login to view safety information
- email attachments you didn’t ask for
- ask you to visit a link outside of www.who.int
- charge money to apply for a job, register for a conference, or reserve a hotel
- conduct lotteries or offer prizes, grants, certificates or funding through email
- ask you to donate directly to emergency response plans or funding appeals.

You can verify if communication is legit by contacting WHO directly.
Influenza - How is it Spread?
Who Should Get the Flu Vaccine

- Health care workers (MFP staff)
- People 50 and older
- Children 6 months to 5 years
- Those pregnant/or trying to be
- People living in facilities
- Those with high risk health conditions
- People caring for
  - children under 5 (esp. infants)
  - people with high risk conditions
  - elderly

www.CDC.gov/vaccines
Licensed healthcare facilities and agencies must document the influenza vaccination status of all personnel each year. Unvaccinated personnel are required to wear a mask while in areas where residents may be present during Flu Season, as determined by the Commissioner of Health.
“Because I have refused vaccination against influenza, I will be required to wear surgical or procedure masks in areas where patients or residents may be present during the influenza season.”
Some Other Infections
MRSA a “Superbug” Resists Many Antibiotics

Standard ➡ the norm
Universal ➡ always applies

PRECAUTIONS

• Don’t share personal items.
• Don't touch other’s wounds or bandages.
• Keep sores covered.
• Finish antibiotics as prescribed.

https://www.health.ny.gov/diseases/communicable/staphylococcus_aureus/methicillin_resistant/
C-diff

- Watery, foul smelling diarrhea
- Severe abdominal pain
- Loss of appetite
- Blood or pus in the stool
- Fever

STANDARD PRECAUTIONS

Hand washing with SOAP AND WATER.
Clean surfaces with 1:9 bleach solution.

https://www.health.ny.gov/publications/1495/
https://www.cdc.gov/cdiff/prevent.html
Viral Hepatitis

A tainted food or water
B&C contact with blood or body fluids

STANDARD PRECAUTIONS
Vaccinations available for A&B
Educate about safe sex practices
Safe handling of sharps/needles

https://www.health.ny.gov/diseases/communicable/hepatitis/
HIV / AIDS

Universal precautions is an approach to infection control in healthcare settings that assumes all human blood and certain body fluids carry bloodborne pathogens.

https://www.health.ny.gov/diseases/aids/
Safe Handling & Disposal of Sharps

- **Don’t handle if you don’t have to**
- Dispose of syringes straight into container
- Never break, bend or recap needles
- Label disposal containers clearly
- Keep container close to point of use
- Containers not filled more than 3/4
- Store all needles away from public and children
- Arrange safe community disposal and transport

https://safeneedledisposal.org/
If you experience a sharps injury or are exposed to blood during the course of your work, immediately follow these steps:

1. Wash sticks/cuts with soap and water.
2. Flush splashes to the nose, mouth or skin with water.
3. Irrigate eyes with clean water or sterile saline.
4. Report the incident to your supervisor.
Always Use Appropriate Precautions

Questions?

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www.cdc.gov/infectioncontrol/
www.health.ny.gov/professionals/diseases/reporting/communicable/infection/
https://www.who.int/gpsc/5may/Glove_Use_INFORMATION_Leaflet.pdf