

STANDARD PRECAUTIONS

Standard Precautions are guidelines created by the Centers for Disease Control (CDC) to protect care givers from exposure to infectious diseases and prevent the spread of infectious diseases. Standard Precautions are used when caring for any person, regardless of the person's diagnosis and whether the person is known to have an infectious disease.

Standard Precautions apply to situations when caregivers are in contact with:

- **Blood**
- **All body fluids- secretions and excretions- except sweat, regardless of whether they contain visible blood**
- **Broken skin (open sores, cuts, etc.)**
- **Mucus membranes**

To comply with Standard Precautions the following practice is expected:

Gloves: Must be worn when contact with blood, all body fluids, secretions and excretions (except sweat) regardless of whether they contain visible blood, as well as broken skin and mucus membranes. **Hands must be washed before and after using gloves.**

Mask and Protective Eyewear: Must be worn during activities that are likely to generate droplets of body fluids or blood or when a person is coughing excessively. Must be worn when caregiver is going to be within three feet (arm's length) of exposure to the anticipated droplets.

Handwashing: Hands must be washed before gloving and after gloves are removed. Hands and other skin surfaces must be washed immediately and thoroughly if contaminated with body fluids or blood and after all caregiving activities. Caregivers who have open cuts, sores, or rashes on their hands must wear gloves for all caregiving contact with the individual. ***Don't forget to wash the individual's hands frequently as well!*** Alcohol hand rinses may be used if:

- the hands are not visibly soiled
- a sink is not readily available

Gowns or Protective Clothing: Must be worn during activities or situations when substantial soiling, exposure to body fluids, blood draining wounds or mucus membranes is expected.

Trash Disposal: All contaminated disposable items should be bagged in the room in which they were created. That bag should then be put into another clean trash bag and disposed of immediately in an outdoor trash receptacle.

Linens and Clothing: All linens and clothing soiled with blood or bodily fluids should be bagged in the room and washed immediately in warm water and dried in a hot dryer.

Equipment: When using equipment or items that are shared by more than one individual, such as a stethoscope or blood pressure cuff, it must be adequately cleaned and disinfected after each use or whenever it becomes soiled with blood or other body fluids. You can wipe the personal care items with an appropriate disinfectant.

Housekeeping: All surfaces that may be soiled with body fluids should be cleaned thoroughly and regularly with an appropriate disinfectant.