

## PREVENTION OF COMMUNICABLE DISEASE/INFECTION TRANSMISSION ROUTINE PRACTICES

### I. Handwashing

Frequent handwashing is the most important way to prevent the spread of infection.

#### When

- After sneezing or coughing and after contact with body fluids.
- Before and after meals and breaks.
- Before and after using the toilet.
- Before and after preparing food.
- When arriving home and before and after work.

#### What with?

- Soap.
- Running water; water should be warm, but not hot enough to burn skin.

#### How?

- Wet hands thoroughly. This helps increase the effectiveness of the soap.
- Add soap and rub hands together making a soapy lather. Do this for at least 15 seconds (e.g. sing "Happy Birthday"). Pay special attention to fingertips and thumbs.
- Rinse well holding hands downward.
- Dry hands thoroughly with paper towel; use paper towel to turn off taps. At home, try to use individual towels and wash towels regularly.
- Dispose of paper towel in garbage can.

### II. Preventative Practices

- Cover cuts or scratches with a bandage until they are healed.
- Use disposable absorbent material like paper towels to stop bleeding.
- Wear disposable gloves (that meet infection control standards) when you encounter blood or bloodstained body fluid, especially if you have open cuts or chapped hands.
- Wash your hands as soon as you remove your gloves and never reuse the gloves.

*Accomplish Anything*

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### III. Cleaning and Disinfecting

- Immediately clean up blood spills using disposable, absorbent material. Wear disposable gloves.
- After clearing blood spill with absorbent material, place paper towel over top of site of spill and add bleach solution (one part bleach to nine parts water – 1:9) to towel to avoid splashing blood to larger area.
- Wash with hot, soapy water.

### IV. Disposal

- Discard bloodstained material in a sealed plastic bag and place in a lined, covered garbage container.
- Put bloodstained clothes in a sealed plastic bag. Send home with instructions to machine wash, separately in hot, soapy water.
- Wash hands thoroughly afterwards.

\*\* Routine practices and management of communicable diseases guidelines were developed by the CD Unit at Winnipeg Regional Health Authority.

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