

# Isolation and Standard Precautions

## Lesson 1: Objectives

After completion of this course, you will be able to:

- ❖ Describe the practices used in Standard Precautions including hand hygiene, use of personal protective equipment, safe injection and lumbar puncture procedures, Respiratory Hygiene and Cough Etiquette, and the handling of care equipment and the environment;
- ❖ Describe the three categories of Transmission-Based Precautions including Contact, Droplet and Airborne Precautions; and
- ❖ Apply Standard and Transmission-Based Precautions to prevent the spread of infection.

### *Introduction*

Infections can cause illness and death. The term *healthcare-associated infection* (HAI) is used to refer to an infection that develops in a person who is cared for in any setting where healthcare is delivered (such as hospitals, long-term care facilities, ambulatory settings, and home care) and is related to receiving health care. Health care personnel can play a huge role in preventing the spread of infection through the use of Standard and Transmission-Based Precautions. Standard Precautions are used when caring for any person in any healthcare setting. It is the best way to prevent the spread of infection. Transmission-Based Precautions are used when caring for any person who is known or likely to have an infection which requires additional precautions to prevent it from spreading. Since the presence of an infection is often not known at the time of entry to a healthcare facility, Transmission-Based Precautions may be used based upon a person's symptoms and the likelihood of infection, and then adjusted as the infection is confirmed or ruled out.

## Lesson 2: Standard Precautions

Standard Precautions are based on the principle that all blood, body fluids, secretions, excretions (except sweat), broken skin, and mucous membranes may be infected, and the infection can be spread. Standard Precautions include hand hygiene; use of personal protective equipment (or PPE); safe injection practices; special procedures for lumbar punctures and Respiratory Hygiene and Cough Etiquette. Equipment or items in the patient's/resident's environment likely to have been contaminated (or have the presence of) blood or body fluids must be handled with caution. All of these practices prevent the spread of infection.

### *Hand Hygiene*

Hand hygiene is the single most important practice to reduce the spread of infection in healthcare settings. Hand hygiene includes handwashing with plain or antimicrobial soap and water, and the use of alcohol-based products.

### *Personal Protective Equipment (or PPE)*

**Gloves:** Gloves should be worn when you are likely to have contact with blood, body fluids, secretions, excretions, broken skin, mucous membranes, or potentially contaminated intact skin (for example, the skin of a person incontinent of stool or urine). Gloves should fit and be appropriate for the task. Gloves should be removed after contact with a patient/resident and/or the surrounding environment using a technique that prevents hand contamination. You should not wear the same pair of gloves for the care of more than one person or wash gloves for the purpose of reuse. You should change gloves during care when your hands move from a contaminated body-site to a clean body-site. After removing gloves, remember to perform hand hygiene.

**Gowns:** Gowns should be worn when it is likely that blood, body fluids, secretions, or excretions may touch your skin or soil your clothing. Remove the gown using a technique that prevents contact with your skin or clothing, discard and perform hand hygiene before leaving the patient's/resident's environment. Do not reuse gowns, even for repeated contact with the same person.

**Mouth, nose, and eye protection:** Use PPE to protect your eyes, nose and mouth during procedures and care activities that are likely to generate splashes or sprays of blood, body fluids, secretions and excretions. Select masks, goggles, face shields, and/or combinations of each. Remove, discard (as appropriate) and perform hand hygiene before leaving the patient's/resident's environment.

### *Safe Injection Practices*

Needles, cannulas, and syringes are sterile, single-use (one-time-only) items and must be discarded in an appropriate container after use. Medications from a syringe must not be administered to multiple persons, even if the needle or cannula is changed.

Fluid infusion and administration sets must be used for one person only and disposed of appropriately after use. A needle, cannula, or syringe is contaminated once it has been used to enter or connect to a patient's/resident's intravenous infusion bag or administration set.

Single-dose/single-use vials, pre-filled syringes, and ampules should be used whenever possible and discarded after use. Single-dose/single-use vials are intended to be used once for a single person. Used vials should never be returned to stock. Medications in single-dose/single-use vials lack antimicrobial preservatives and are therefore at greater risk to become contaminated and serve as a source of infection when used inappropriately. If a single-dose/single-use vial must be entered more than once during a single procedure for a single person, use a new needle and new syringe for each

entry and discard the remaining contents in the appropriate amount of time. Do not administer medications from single-dose/single-use vials to multiple people or combine leftover contents for later use.

Only vials clearly labeled by the manufacturer for multiple dose use can be used more than once. Limit the use of a multiple-dose vial to only a single person to reduce the risk of contamination. When multiple-dose vials are used more than once, use a new sterile needle and new sterile syringe for each entry. Do not leave needles or other objects in vial entry diaphragms between uses. Disinfect the vial's rubber septum before piercing by wiping with an approved antiseptic swab. Allow the septum to dry before inserting a needle or other device into the vial. Once a multiple-dose vial is punctured, it should be assigned a "beyond-use" date. The beyond-use date for an opened or entered multiple-dose container with antimicrobial preservatives is 28 days, unless otherwise specified. Do not keep multidose vials in the immediate treatment area.

Do not assume that a vial is a single-dose/single-use vial or multiple-dose vial based on size or volume of medication. Always check the label. Vials must be stored based on the manufacturer's recommendations and discarded if sterility is questionable or the vial has reached its expiration date or beyond-use date, whichever comes first. Do not use bags or bottles of intravenous solution as a common source of supply for multiple persons. Use aseptic technique to avoid contamination of sterile injection equipment and medications.

### *Special Procedures for Lumbar Puncture*

The health care provider placing a catheter or injecting material into the spine of a patient/resident must wear a surgical mask.

### *Respiratory Hygiene and Cough Etiquette*

Respiratory Hygiene and Cough Etiquette reduce the spread of respiratory infections and apply to any person with signs or symptoms of a respiratory illness beginning at the point of initial encounter in a healthcare setting, especially during seasonal outbreaks of viral respiratory tract infection (such as influenza). Respiratory Hygiene and Cough Etiquette include control measures such as covering the mouth and nose when coughing or sneezing, using and disposing of tissues, and performing hand hygiene after contact with respiratory secretions. Symptomatic persons should be offered surgical masks and encouraged to maintain a distance of at least 3 feet from others.

### *Equipment and the Environment*

Wear appropriate PPE when handling equipment or surfaces that have come into contact with blood, body fluids, secretions, and excretions. All reusable equipment, including multi-use electronic equipment, and contaminated surfaces must be cleaned with an appropriate disinfectant. Follow the manufacturer's instructions and your organization's policies and procedures.

Quiz Question:

Standard Precautions are based on the principle that which of the following may be infected?

- a. Blood and body fluids.
- b. Secretions and excretions (except sweat).
- c. Broken skin and mucous membranes.
- d. **\*All of the above.**

### **Lesson 3: Transmission-Based Precautions**

(NOTE: You may wish to add-on additional information on Transmission-Based Precautions – such as organization-specific signs.)

(NOTE: You may wish to display the contact information for the appropriate infection control personnel.)

There are three categories of Transmission-Based Precautions: Contact, Droplet, and Airborne. Transmission-Based Precautions are used when the spread of infection is not stopped using Standard Precautions alone. To prevent the spread of some infections, more than one Transmission-Based Precaution category is necessary. It is important to note that Transmission-Based Precautions are always used **in addition** to Standard Precautions. When Transmission-Based Precautions are in use signs must be placed to alert visitors and staff. It is the responsibility of all staff to educate and assist individuals in understanding infection control procedures.

#### *Contact Precautions*

Contact Precautions are used to prevent infection that is spread by direct or indirect contact with a person or their environment. Infections such as *C. difficile* require Contact Precautions. In addition, Contact Precautions should be used when a person has a multi-drug resistant organism (MDRO), infection or colonization such as MRSA and VRE. A single-person room is preferred for those who require Contact Precautions. When a single-person room is not available, infection control personnel should be consulted to evaluate other placement options. In multi-person rooms, patients/residents should be separated by at least 3 feet. Disposable care equipment should be used or equipment must be assigned to a specific person. If you must use the same equipment for multiple people, clean and disinfect the equipment between uses. Health care personnel caring for persons on Contact Precautions must wear a gown and gloves for all interactions that involve contact with the person or their environment. Health care personnel should change PPE and perform hand hygiene between contact with patients/residents in the same room. Of course, this should be done regardless of whether one or both are on Contact Precautions. PPE should be applied upon entering the room and discarded before exiting the room. Rooms of patients/residents on

Contact Precautions should be frequently cleaned and disinfected focusing on frequently-touched surfaces and equipment in the immediate vicinity. The patient/resident on Contact Precautions should be moved or transported for medically-necessary purposes only. During transport infected areas of the person's body should be covered.

### *Droplet Precautions*

Droplet Precautions are used to prevent infection that is spread through respiratory secretions. Respiratory secretions are released when an infected person coughs, sneezes, or talks. Infections such as influenza require Droplet Precautions. A single-person room is preferred for individuals who require Droplet Precautions. When a single-person room is not available, infection control personnel should be consulted to evaluate other placement options. In multi-person rooms, patients/residents should be separated by at least 3 feet and the privacy curtain drawn. Health care personnel caring for individuals on Droplet Precautions must wear a mask. This should be applied upon entering the person's room. Patients/residents on Droplet Precautions who must be moved should wear a mask and follow Respiratory Hygiene and Cough Etiquette. If the patient/resident is wearing a mask, the person moving them is not required to wear one.

### *Airborne Precautions*

Airborne Precautions are used to prevent infection that is spread through respiratory secretions; however, the bacteria from these infections can float in the air over great distances. Infections such as tuberculosis (or TB) require Airborne Precautions. An airborne infection isolation room (AIIR) is required for persons on Airborne Precautions. An AIIR is a single-person room that is equipped with special air handling and ventilation systems to reduce the amount of bacteria in the air and prevent the escape of bacteria into nearby areas. Health care personnel caring for individuals on Airborne Precautions must wear a fit-tested NIOSH-approved N95 or higher level respirator. This is applied prior to entering the person's room. Patients/residents on Airborne Precautions who must be moved for medically-necessary purposes should wear a surgical mask and follow Respiratory Hygiene and Cough Etiquette. Susceptible health care personnel should be restricted from entering the rooms of patients/residents known or suspected to have measles, varicella, disseminated zoster, or smallpox if other immune health care personnel are available, and susceptible persons who have unprotected contact with vaccine-preventable infections should be immunized as soon as possible.

During transport infected areas of the person's body, such as skin lesions caused by TB, should be covered. If the patient/resident is wearing a mask and their skin lesions are covered, the person moving them is not required to wear a mask.

Transmission-Based Precautions remain in effect for limited periods of time depending on the infection. Follow your organization's guidelines regarding when to end Transmission-Based Precautions.

## *Other Considerations*

Individuals on Transmission-Based Precautions may experience anxiety, depression or feelings of shame because of practices such as wearing a mask or being alone in a room. They may also have less contact with staff which can increase the risk of an adverse event. These concerns must be considered and addressed in order to ensure the compliance and safety of the person.

Quiz Question:

Match the Transmission-Based Precaution to its description:

Contact Precautions = **\*Used to prevent infection that is spread by direct or indirect contact with a person or their environment**

Droplet Precautions = **\*Used to prevent infection that is spread through respiratory secretions**

Airborne Precautions = **\*Used to prevent infection that is spread through respiratory secretions; however, the bacteria from these infections can float in the air over great distances**

## **Lesson 4: Laundry**

Health care personnel who have contact with dirty or soiled linens must wear appropriate PPE. Dirty linens should be removed without agitation to reduce the release of bacteria into the air and onto other surfaces and people. Place dirty linens in a linen hamper and use a leak resistant bag when necessary. Do not allow dirty linens to come in contact with your clothing.

## **Lesson 5: Conclusion**

(NOTE: You may wish to display the contact information for the appropriate infection control personnel.)

Your organization is committed to preventing the spread of infection. And they need your help! Protect yourself and your patients/residents by appropriately using Standard and Transmission-Based Precautions. If you have any questions regarding Standard or Transmission-Based Precautions, contact the appropriate personnel within your organization.

## **Test Questions** (10 questions Pre-test or 5 questions Post-test)

### **Pool 1 (6 or 3 questions)**

#### **MULTIPLE CHOICE**

1. How can “sharps” cause infections in health care workers?
  - a. Sharps penetrate the skin with bloodborne pathogens.
  - b. Sharps will not cause infections if the wound is cleaned properly.
  - c. Sharps only cause infection if the needle goes deep enough.
  - d. Because sharps are often unseen.
  
2. When must Standard Precautions be used?
  - a. When caring for a patient in a hospital.
  - b. When caring for a resident in a nursing home.
  - c. When caring for a patient in the Emergency Department.
  - d. In all of the encounters listed above.
  
3. Standard Precautions are based on the principle that which of the following may be infected?
  - a. Blood and body fluids.
  - b. Secretions and excretions (except sweat).
  - c. Broken skin and mucous membranes.
  - d. All of the above.
  
4. Standard Precautions include which of the following?
  - a. Hand hygiene.
  - b. Use of personal protective equipment (PPE).
  - c. Respiratory Hygiene and Cough Etiquette.
  - d. All of the above.
  
5. Standard Precautions include which of the following?
  - a. Hand hygiene and use of personal protective equipment.
  - b. Crawling low to escape during a fire.
  - c. Drying your hands before unplugging a piece of equipment.
  - d. Dialing your facility’s emergency number.
  
6. Hand hygiene includes which of the following?
  - a. Handwashing with plain soap and water.
  - b. Handwashing with antibacterial soap and water.
  - c. Using an alcohol-based product on your hands.
  - d. All of the above.
  
7. Respiratory Hygiene and Cough Etiquette include which of the following control measures?
  - a. Covering the mouth and nose with a tissue when coughing or sneezing.
  - b. Prompt disposal of used tissues.

- c. Placement of a surgical mask on the symptomatic person.
  - d. All of the above.
8. The three categories of Transmission-Based Precautions include:
- a. Plain soap, Antibacterial soap and Alcohol-based Products.
  - b. Contact, Droplet, and Airborne.
  - c. Rescue, Activate, and Confine.
  - d. Pull, Aim, and Squeeze.
9. Contact Precautions include which of the following?
- a. Using disposable care equipment or equipment that is assigned to a specific person.
  - b. Wearing gloves and protective clothing for all interactions that involve contact.
  - c. Displaying a sign to alert others to the Precaution.
  - d. All of the above.

**Pool 2 (4 or 2 questions)**

**TRUE/FALSE**

10. Infections can cause illness and death.
11. Transmission-Based Precautions must be used when caring for any individual.
12. A piece of equipment said to be “contaminated” means it may have the presence of blood or body fluids.
13. The same pair of gloves can be used for the care of more than one person in the same room.
14. Protective clothing should be worn when it is likely that blood, body fluids, secretions, or excretions may touch your skin or your clothing.
15. Infection may be spread from an object to a person.
16. All reusable equipment that comes into contact with blood or body fluids must be cleaned with a disinfectant.
17. More than one category of Transmission-Based Precautions may be used at the same time.
18. Transmission-Based Precautions are used instead of Standard Precautions.
19. Contact Precautions are used to prevent infection that is spread through respiratory secretions.



20. Contact Precautions should be used when a person is infected with bacteria that are resistant to medication such as MRSA.

21. Healthcare personnel caring for individuals on Droplet Precautions must wear a mask.

22. An airborne infection isolation room is required for individuals on Airborne Precautions.

23. The healthcare worker must apply a respirator before entering the room of an individual on Airborne Precautions.

24. Do not administer medications from single-dose/single-use vials to multiple people.

# Isolation and Standard Precautions – Clinic

## Lesson 1: Objectives

After completion of this course, you will be able to:

- ❖ Describe the practices used in Standard Precautions including hand hygiene, use of personal protective equipment, safe injection and lumbar puncture procedures, Respiratory Hygiene and Cough Etiquette, and the handling of care equipment and the environment;
- ❖ Describe the three categories of Transmission-Based Precautions including Contact, Droplet and Airborne Precautions; and
- ❖ Apply Standard and Transmission-Based Precautions to prevent the spread of infection.

### *Introduction*

Infections can cause illness and death. The term *healthcare-associated infection* (HAI) is used to refer to an infection that develops in a person who is cared for in any setting where healthcare is delivered (such as hospitals, long-term care facilities, ambulatory settings, and home care) and is related to receiving health care. Health care personnel can play a huge role in preventing the spread of infection through the use of Standard and Transmission-Based Precautions. Standard Precautions are used when caring for any person in any healthcare setting. It is the best way to prevent the spread of infection. Transmission-Based Precautions are used when caring for any person who is known or likely to have an infection which requires additional precautions to prevent it from spreading. Since the presence of an infection is often not known at the time of entry to a healthcare facility, Transmission-Based Precautions may be used based upon a person's symptoms and the likelihood of infection, and then adjusted as the infection is confirmed or ruled out.

## Lesson 2: Standard Precautions

Standard Precautions are based on the principle that all blood, body fluids, secretions, excretions (except sweat), broken skin, and mucous membranes may be infected, and the infection can be spread. Standard Precautions include hand hygiene; use of personal protective equipment (or PPE); safe injection practices; special procedures for lumbar punctures and Respiratory Hygiene and Cough Etiquette. Equipment or items in the patient's environment likely to have been contaminated (or have the presence of) blood or body fluids must be handled with caution. All of these practices prevent the spread of infection.

### *Hand Hygiene*

Hand hygiene is the single most important practice to reduce the spread of infection in healthcare settings. Hand hygiene includes handwashing with plain or antimicrobial soap and water, and the use of alcohol-based products.

### *Personal Protective Equipment (or PPE)*

*Gloves:* Gloves should be worn when you are likely to have contact with blood, body fluids, secretions, excretions, broken skin, mucous membranes, or potentially contaminated intact skin (for example, the skin of a person incontinent of stool or urine). Gloves should fit and be appropriate for the task. Gloves should be removed after contact with a patient and/or the surrounding environment using a technique that prevents hand contamination. You should not wear the same pair of gloves for the care of more than one person or wash gloves for the purpose of reuse. You should change gloves during care when your hands move from a contaminated body-site to a clean body-site. After removing gloves, remember to perform hand hygiene.

*Gowns:* Gowns should be worn when it is likely that blood, body fluids, secretions, or excretions may touch your skin or soil your clothing. Remove the gown using a technique that prevents contact with your skin or clothing, discard and perform hand hygiene before leaving the patient's environment. Do not reuse gowns, even for repeated contact with the same person.

*Mouth, nose, and eye protection:* Use PPE to protect your eyes, nose and mouth during procedures and care activities that are likely to generate splashes or sprays of blood, body fluids, secretions and excretions. Select masks, goggles, face shields, and/or combinations of each. Remove, discard (as appropriate) and perform hand hygiene before leaving the patient's environment.

### *Safe Injection Practices*

Needles, cannulas, and syringes are sterile, single-use (one-time-only) items and must be discarded in an appropriate container after use. Medications from a syringe must not be administered to multiple persons, even if the needle or cannula is changed.

Fluid infusion and administration sets must be used for one person only and disposed of appropriately after use. A needle, cannula, or syringe is contaminated once it has been used to enter or connect to a patient's intravenous infusion bag or administration set.

Single-dose/single-use vials, pre-filled syringes, and ampules should be used whenever possible and discarded after use. Single-dose/single-use vials are intended to be used once for a single person. Used vials should never be returned to stock. Medications in single-dose/single-use vials lack antimicrobial preservatives and are therefore at greater risk to become contaminated and serve as a source of infection when used inappropriately. If a single-dose/single-use vial must be entered more than once during a single procedure for a single person, use a new needle and new syringe for each entry and discard the remaining contents in the appropriate amount of time. Do not

administer medications from single-dose/single-use vials to multiple people or combine leftover contents for later use.

Only vials clearly labeled by the manufacturer for multiple dose use can be used more than once. Limit the use of a multiple-dose vial to only a single person to reduce the risk of contamination. When multiple-dose vials are used more than once, use a new sterile needle and new sterile syringe for each entry. Do not leave needles or other objects in vial entry diaphragms between uses. Disinfect the vial's rubber septum before piercing by wiping with an approved antiseptic swab. Allow the septum to dry before inserting a needle or other device into the vial. Once a multiple-dose vial is punctured, it should be assigned a "beyond-use" date. The beyond-use date for an opened or entered multiple-dose container with antimicrobial preservatives is 28 days, unless otherwise specified. Do not keep multidose vials in the immediate treatment area.

Do not assume that a vial is a single-dose/single-use vial or multiple-dose vial based on size or volume of medication. Always check the label. Vials must be stored based on the manufacturer's recommendations and discarded if sterility is questionable or the vial has reached its expiration date or beyond-use date, whichever comes first. Do not use bags or bottles of intravenous solution as a common source of supply for multiple persons. Use aseptic technique to avoid contamination of sterile injection equipment and medications.

### *Special Procedures for Lumbar Puncture*

The health care provider placing a catheter or injecting material into the spine of a patient must wear a surgical mask.

### *Respiratory Hygiene and Cough Etiquette*

Respiratory Hygiene and Cough Etiquette reduce the spread of respiratory infections and apply to any person with signs or symptoms of a respiratory illness beginning at the point of initial encounter in a healthcare setting, especially during seasonal outbreaks of viral respiratory tract infection (such as influenza). Respiratory Hygiene and Cough Etiquette include control measures such as covering the mouth and nose when coughing or sneezing, using and disposing of tissues, and performing hand hygiene after contact with respiratory secretions. Symptomatic persons should be offered surgical masks and encouraged to maintain a distance of at least 3 feet from others.

### *Equipment and the Environment*

Wear appropriate PPE when handling equipment or surfaces that have come into contact with blood, body fluids, secretions, and excretions. All reusable equipment, including multi-use electronic equipment, and contaminated surfaces must be cleaned with an appropriate disinfectant. Follow the manufacturer's instructions and your organization's policies and procedures.

Quiz Question:

Standard Precautions are based on the principle that which of the following may be infected?

- a. Blood and body fluids.
- b. Secretions and excretions (except sweat).
- c. Broken skin and mucous membranes.
- d. **\*All of the above.**

### **Lesson 3: Transmission-Based Precautions**

(NOTE: You may wish to add-on additional information on Transmission-Based Precautions – such as organization-specific signs.)

(NOTE: You may wish to display the contact information for the appropriate infection control personnel.)

There are three categories of Transmission-Based Precautions: Contact, Droplet, and Airborne. Transmission-Based Precautions are used when the spread of infection is not stopped using Standard Precautions alone. To prevent the spread of some infections, more than one Transmission-Based Precaution category is necessary. It is important to note that Transmission-Based Precautions are always used **in addition** to Standard Precautions. Follow your organization's systems for early detection and management of potentially infectious patients at initial points of entry to the facility. When Transmission-Based Precautions are in use visitors and staff must be alerted.

#### *Contact Precautions*

Contact Precautions are used to prevent infection that is spread by direct or indirect contact with a person or their environment. Infections such as *C. difficile* require Contact Precautions. In addition, Contact Precautions should be used when a person has a multi-drug resistant organism (MDRO), infection or colonization such as MRSA and VRE. Patients on Contact Precautions should be placed in an examination room or cubicle as soon as possible. Health care personnel caring for these individuals must wear a gown and gloves for all interactions that involve contact with the person or their environment. PPE should be applied upon entering the room and discarded before exiting the room. Contaminated reusable noncritical care equipment should be placed in a plastic bag for transport to a soiled utility area for reprocessing. Once the patient leaves, the room should be cleaned and disinfected focusing on frequently-touched surfaces and equipment in the immediate vicinity.

#### *Droplet Precautions*

Droplet Precautions are used to prevent infection that is spread through respiratory secretions. Respiratory secretions are released when an infected person coughs, sneezes, or talks. Infections such as influenza require Droplet Precautions. Patients on Droplet Precautions should be placed in an examination room or cubicle as soon as possible and instructed to follow Respiratory Hygiene and Cough Etiquette. Health care personnel caring for these individuals must wear a mask which should be applied upon entering the room.

### *Airborne Precautions*

Airborne Precautions are used to prevent infection that is spread through respiratory secretions; however, the bacteria from these infections can float in the air over great distances. Infections such as tuberculosis (or TB) require Airborne Precautions. Patients with known or suspected infections that require Airborne Precautions must be offered a surgical mask upon entry into the facility and placed in an airborne infection isolation room (AIIR). An AIIR is a single-person room that is equipped with special air handling and ventilation systems to reduce the amount of bacteria in the air and prevent the escape of bacteria into nearby areas. Once in an AIIR, the patient's mask may be removed. If an AIIR is not available, place the patient in an examination room as soon as possible and instruct them wear a mask and follow Respiratory Hygiene and Cough Etiquette. Health care personnel caring for individuals on Airborne Precautions must wear a fit-tested NIOSH-approved N95 or higher level respirator. This is applied prior to entering the room. Susceptible health care personnel should be restricted from entering the rooms of patients known or suspected to have measles, varicella, disseminated zoster, or smallpox if other immune health care personnel are available, and susceptible persons who have unprotected contact with vaccine-preventable infections should be immunized as soon as possible. Once the patient leaves, the room should remain empty for at least one hour to allow for a full exchange of air.

Quiz Question:

Match the Transmission-Based Precaution to its description:

Contact Precautions = **\*Used to prevent infection that is spread by direct or indirect contact with a person or their environment**

Droplet Precautions = **\*Used to prevent infection that is spread through respiratory secretions**

Airborne Precautions = **\*Used to prevent infection that is spread through respiratory secretions; however, the bacteria from these infections can float in the air over great distances**

### **Lesson 4: Laundry**

Health care personnel who have contact with dirty or soiled linens must wear appropriate PPE. Dirty linens should be removed without agitation to reduce the release of bacteria into the air and onto other surfaces and people. Place dirty linens in a linen

hamper and use a leak resistant bag when necessary. Do not allow dirty linens to come in contact with your clothing.

### **Lesson 5: Conclusion**

(NOTE: You may wish to display the contact information for the appropriate infection control personnel.)

Your organization is committed to preventing the spread of infection. And they need your help! Protect yourself and your patients by appropriately using Standard and Transmission-Based Precautions. If you have any questions regarding Standard or Transmission-Based Precautions, contact the appropriate personnel within your organization.

## **Test Questions** (10 questions Pre-test or 5 questions Post-test)

### **Pool 1 (6 or 3 questions)**

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2. When must Standard Precautions be used?
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  - b. When caring for a resident in a nursing home.
  - c. When caring for a patient in the Emergency Department.
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3. Standard Precautions are based on the principle that which of the following may be infected?
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4. Standard Precautions include which of the following?
  - a. Hand hygiene.
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5. Standard Precautions include which of the following?
  - a. Hand hygiene and use of personal protective equipment.
  - b. Crawling low to escape during a fire.
  - c. Drying your hands before unplugging a piece of equipment.
  - d. Dialing your facility’s emergency number.
  
6. Hand hygiene includes which of the following?
  - a. Handwashing with plain soap and water.
  - b. Handwashing with antibacterial soap and water.
  - c. Using an alcohol-based product on your hands.
  - d. All of the above.
  
7. Respiratory Hygiene and Cough Etiquette include which of the following control measures?
  - a. Covering the mouth and nose with a tissue when coughing or sneezing.
  - b. Prompt disposal of used tissues.



- c. Placement of a surgical mask on the symptomatic person.
  - d. All of the above.
8. The three categories of Transmission-Based Precautions include:
- a. Plain soap, Antibacterial soap and Alcohol-based Products.
  - b. Contact, Droplet, and Airborne.
  - c. Rescue, Activate, and Confine.
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9. Contact Precautions include which of the following?
- a. Using disposable care equipment or equipment that is assigned to a specific person.
  - b. Wearing gloves and protective clothing for all interactions that involve contact.
  - c. Displaying a sign to alert others to the Precaution.
  - d. All of the above.

**Pool 2 (4 or 2 questions)**

**TRUE/FALSE**

10. Infections can cause illness and death.
11. Transmission-Based Precautions must be used when caring for any individual.
12. A piece of equipment said to be “contaminated” means it may have the presence of blood or body fluids.
13. The same pair of gloves can be used for the care of more than one person in the same room.
14. Protective clothing should be worn when it is likely that blood, body fluids, secretions, or excretions may touch your skin or your clothing.
15. Infection may be spread from an object to a person.
16. All reusable equipment that comes into contact with blood or body fluids must be cleaned with a disinfectant.
17. More than one category of Transmission-Based Precautions may be used at the same time.
18. Transmission-Based Precautions are used instead of Standard Precautions.
19. Contact Precautions are used to prevent infection that is spread through respiratory secretions.

20. Contact Precautions should be used when a person is infected with bacteria that are resistant to medication such as MRSA.

21. Healthcare personnel caring for individuals on Droplet Precautions must wear a mask.

22. An airborne infection isolation room is required for individuals on Airborne Precautions.

23. The healthcare worker must apply a respirator before entering the room of an individual on Airborne Precautions.

24. Do not administer medications from single-dose/single-use vials to multiple people.