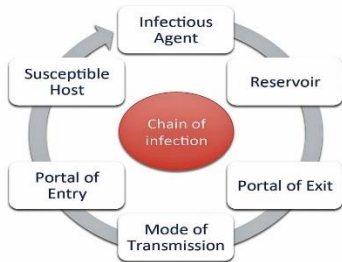


## Infection Control Reference Guide

### Chain of Transmission



It is your responsibility as volunteers to practice proper interventions which are aimed at breaking a link in the chain of transmission. For example, cleaning surfaces with bleach wipes breaks the “reservoir” part of the chain for organisms that persist on environmental surfaces.

The main reservoirs in the hospital environment are people and environment (surfaces, utilities, etc.). The vectors or transporters of transmission are our hands and patient care items and equipment, including IV pumps, chairs, commodes, bedpans, blood pressure cuffs, and walkers.

### High Touch Areas

These are objects most touched in a patient room and are most commonly contaminated. These areas include bed rails, bed surface, overbed table, IV pumps, monitors, counters, and drawers.

### Standard Precautions – Breaking the Chain of Transmission

Standard precautions are used every time when volunteering regardless of diagnosis to decrease the risk of transmission. These include: hand hygiene, personal protective equipment (PPE), surface disinfection, respiratory etiquette for staff, family/visitor illness and environmental hygiene.

Never come to your shift if you are sick! When you are at your shifts, always assist with maintaining a clean, dust, and clutter-free environment and properly disinfecting.

Isolation signs placed on the doors of patient rooms are precautions that notify staff of the modes of transmission. Care Extenders are allowed to enter rooms with droplet precautions (orange signs), contact precautions (red signs), and contact/spore precautions (pink signs), as long as proper PPE is worn. Care Extenders are NOT allowed to enter airborne (green signs) precaution rooms.

### Hand Hygiene

Perform hand hygiene upon entry and before exiting the patient’s room!

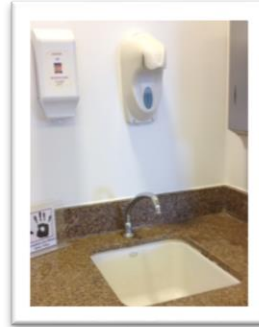
Hand hygiene should be completed:

- As soon as possible if contaminated
- Before each patient contact
- After each patient contact or contact with environmental surfaces
- After removing gloves
- Before touching eyes, nose, or face
- After using the restroom

**Infection Control Reference Guide**

**When Using Soap & Water**

1. Wet hands with warm water
2. Apply soap
3. Lather hands with friction for at least 15 seconds
4. Rinse with fingertips down
5. Dry thoroughly with paper towels
6. Turn off water with paper towels
7. Must use if hands are visibly soiled



**When Using Hand Sanitizer**

1. Make sure to cover all surfaces on hands
2. Rub hands briskly until dry
3. Okay to use when hands not visibly soiled

**Personal Protective Equipment**

Gloves – protect hands

Gowns – protect skin and/or clothing

Masks and respirators – protect mouth and nose

**PPE Sequence & Competency**

<b>ENTERING ROOM</b>
Perform hand hygiene.
Unfold gown, fully cover torso with gown (neck to knees and arms to wrist), tie at neck and back area.
Secure appropriate mask type (surgical or N95). For surgical: secure ties around ears and pinch bridge of nose. For N95: secure elastic bands around the head or back of neck and pinch bridge of nose.
Secure goggles or face shield; place over face and eyes and adjust to fit.
Put on gloves and extend to cover wrist of isolation gown. Go directly into room.

<b>EXITING ROOM</b>
Remove gloves. Grasp outside of glove with opposite gloved hand and peel off, hold removed glove in gloved hand, slide fingers of ungloved hand under remaining glove at wrist, peel glove off over first glove, discard gloves in waste container.
Remove gown. Unfasten at neck and back, pull away from neck and shoulders, touching inside of gown only, turn gown inside out, fold or roll into a bundle and discard.
Remove mask. Do not touch contaminated front of mask, grasp bottom, then elastic bands, discard in waste container. N95 mask should be removed in the ante room with the adjoining door closed.
Perform correct hand hygiene immediately after removal of PPE.

### Infection Control Reference Guide

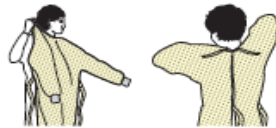
#### PPE Placement and Removal

##### SEQUENCE FOR DONNING PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required; e.g., Standard and Contact, Droplet or Airborne Infection Isolation.

###### 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



###### 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



###### 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



###### 4. GLOVES

- Extend to cover wrist of isolation gown



##### SECUENCIA PARA PONERSE EL EQUIPO DE PROTECCIÓN PERSONAL (PPE)

El tipo de PPE que se debe utilizar depende del nivel de precaución que sea necesario; por ejemplo, equipo Estándar y de Contacto o de Aislamiento de infecciones transportadas por gotas o por aire.

###### 1. BATA

- Cubra con la bata todo el torso desde el cuello hasta las rodillas, los brazos hasta la muñeca y dóblela alrededor de la espalda
- Átesela por detrás a la altura del cuello y la cintura

###### 2. MÁSCARA O RESPIRADOR

- Asegúrese los cordones o la banda elástica en la mitad de la cabeza y en el cuello
- Ajústese la banda flexible en el puente de la nariz
- Acomódesela en la cara y por debajo del mentón
- Verifique el ajuste del respirador

###### 3. GAFAS PROTECTORAS O CARETAS

- Colóquesela sobre la cara y los ojos y ajústela

###### 4. GUANTES

- Extienda los guantes para que cubran la parte del puño en la bata de aislamiento



##### USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

##### UTILICE PRÁCTICAS DE TRABAJO SEGURAS PARA PROTEGERSE USTED MISMO Y LIMITAR LA PROPAGACIÓN DE LA CONTAMINACIÓN

- Mantenga las manos alejadas de la cara
- Limite el contacto con superficies
- Cambie los guantes si se rompen o están demasiado contaminados
- Realice la higiene de las manos

##### SEQUENCE FOR REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

Except for respirator, remove PPE at doorway or in anteroom. Remove respirator after leaving patient room and closing door.

###### 1. GLOVES

- Outside of gloves is contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first gloved
- Discard gloves in waste container



###### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container



###### 3. GOWN

- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



###### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- Grasp bottom, then top ties or elastics and remove
- Discard in waste container



##### SECUENCIA PARA QUITARSE EL EQUIPO DE PROTECCIÓN PERSONAL (PPE)

Con la excepción del respirador, quítese el PPE en la entrada de la puerta o en la antecala. Quítese el respirador después de salir de la habitación del paciente y de cerrar la puerta.

###### 1. GUANTES

- ¡El exterior de los guantes está contaminado!
- Agarre la parte exterior del guante con la mano opuesta en la que todavía tiene puesto el guante y quíteselo
- Sostenga el guante que se quitó con la mano enguantada
- Deslice los dedos de la mano sin guante por debajo del otro guante que no se ha quitado todavía a la altura de la muñeca
- Quítese el guante de manera que acabe cubriendo el primer guante
- Arroje los guantes en el recipiente de desechos

###### 2. GAFAS PROTECTORAS O CARETA

- ¡El exterior de las gafas protectoras o de la careta está contaminado!
- Para quitárselas, tómelas por la parte de la banda de la cabeza o de las piezas de las orejas
- Colóquelas en el recipiente designado para reprocessar materiales o de materiales de deshecho

###### 3. BATA

- ¡La parte delantera de la bata y las mangas están contaminadas!
- Desate los cordones
- Tochando, solamente el interior de la bata, pásela por encima del cuello y de los hombros
- Voltee la bata al revés
- Dóblela o enróllela y deséchela

###### 4. MÁSCARA O RESPIRADOR

- La parte delantera de la máscara o respirador está contaminada — ¡NO LA TOQUE!
- Primero agarre la parte de abajo, luego los cordones o banda elástica de arriba y por último quítese la máscara o respirador
- Arrójela en el recipiente de desechos



##### PERFORM HAND HYGIENE IMMEDIATELY AFTER REMOVING ALL PPE

##### EFFECTÚE LA HIGIENE DE LAS MANOS INMEDIATAMENTE DESPUÉS DE QUITARSE CUALQUIER EQUIPO DE PROTECCIÓN PERSONAL

# UCLA Health

## Care Extender Internship Program

### Infection Control Reference Guide

#### Surface Cleaning & Disinfection

Always remember to wipe down all patient equipment after each use.



Sani-Prime Wipe  
Contact Time for Disinfection (wet):  
1 minute  
Available in two sizes  
Use XL wipe for large surfaces (e.g. chairs, beds, gurneys)  
Use L wipes for all other surfaces



Sani Cloth Alcohol Free (AF3)  
Contact Time for Disinfection (wet):  
3 minutes  
Use for specialized equipment requiring an alcohol free disinfectant wipe (e.g. ultrasound probes, CT equipment)



Clorox Bleach Wipe  
Contact Time for Disinfection (wet):  
3 minutes  
Use on surfaces potentially contaminated with C. difficile, blood and bodily fluids