Standard Precautions
Including Prevention and Control of Infectious Diseases and Immunizations
Credits

Thank you to the following for their expertise and collaboration on this course:

- Healthy Child Care Colorado, a Qualistar Initiative
- Children’s Hospital Colorado, School Health Team
- Colorado Department of Public Health and Environment
- Colorado Department of Education
Objectives

At the conclusion of this course, the learner will be able to:

- Define Standard Precautions.
- List three ways to control and prevent the spread of and reduce your risk of contracting an infectious disease.
- List the four steps to follow if you are exposed to an infectious disease.
OSHA’s Bloodborne Pathogens Standard

Bloodborne pathogens are infectious microorganisms present in blood that can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV), the virus that causes AIDS. Workers exposed to bloodborne pathogens are at risk for serious or life-threatening illnesses.
What Are Standard Precautions?

Standard precautions cover all situations where body fluids might be present. They include general methods of infection prevention and are indicated for both children and adults in the early education and child care setting.

Course Components

Section 1: Prevention and control of infectious diseases

Section 2: Reduce your risk

Section 3: Take steps if exposed

Section 4: Learning scenarios

Section 5: Review of Exposure Control Plan

Section 6: Test (optional)
Section One

Prevention and Control of Infectious Diseases
How is Illness Spread?

1. Blood or Other Potential Infectious Materials (OPIM)
2. Direct Contact or Touching
3. Airborne
4. Fecal-Oral
Potentially Infectious Bloodborne Pathogens

- Blood
- Fluid containing visible blood
- Male/female secretions
- Any body fluid that can’t be identified
Control the Spread of Infectious Disease

- Prevent illness from spreading
  - Proper hand washing
  - Proper cleaning, sanitizing and disinfecting
  - Ventilation
- Personal Protective Equipment (PPE)
- Encourage staff to stay home when ill
- Require immunizations (adults too)
Be Proactive

- Follow hand washing, cleaning & ventilation guidelines
- Regular health consultation
- Encourage parents and staff to keep immunizations up to date
- Look for signs of infectious disease: daily health check
- Talk to parents
- Develop health policies
Section Two

Reduce Your Risk
How to Practice

- Hand hygiene (washing hands)
- Use of personal protective equipment (e.g., gloves, smocks, masks)
- Safe handling of potentially contaminated materials
- Respiratory hygiene and cough etiquette
- Waste disposal
How Do You Wash Your Hands?

1. Wet hands with warm water (Temperature between 90° - 110°F)
2. Use liquid soap
3. Be sure to wash areas between fingers, around nail beds, under fingernails & back of hands
4. Lather and wash for at least 20 seconds out of water stream, then rinse under running water until all soap removed.
When Do You Wash Your Hands?

- Upon arrival to work/re-enter in classroom
- Before handling food or feeding children
- After using toilet/diaper changing
- After coughing, contact with runny noses, vomit, etc.
- After playing on the playground or other “messy play”
When Do You Wash Your Hands?

- After handling pets or pet cages
- Before and after water play and sensory tables
- Whenever hands are visibly dirty
- Before and after providing first aid/medication
- After cleaning and sanitizing objects
- After removing gloves
- Before going home
Handwashing vs. Hand Sanitizer

The use of running water, soap, and disposable towels is the best method of hand hygiene.

May ONLY be used when:
- Running water is not available
- Works best when no visible soil is present
- Must be kept out of reach of children
Wearing Personal Protective Equipment

- Gloves (nonlatex)
  - Wear gloves once
- CPR Masks
- Aprons/smocks
Removing Personal Protective Equipment

With both hands gloved, pinch the palm of one glove with the fingers and thumb of your other hand.

Peel off the glove turning it inside out.

Hold the glove you just removed in your still gloved hand.

Slip the fingers of your bare hand under the wrist portion of the glove you are still wearing.

Turn this glove inside while removing it leaving the first glove inside the second one.

Dispose of gloves safely.

Wash hands immediately.

Materials are valid through December 31, 2019
Diaper Changing

- Staff must wear gloves while changing diapers.
- After diaper changing, staff must clean and disinfect:
  - Diapering area
  - Equipment or supplies touched during diapering
  - Any other surfaces or furnishings contaminated with urine or feces.
- Staff must wash their hands.
Contaminated Laundry

- Wear gloves while handling laundry (and clothing) contaminated with blood
- Handle soiled items as little as possible; do not shake out (including diapers)
Contaminated Laundry (cont.)

- Wash contaminated laundry at 165° (includes contaminated sheets, staff clothing, etc.)

- Double bag child’s contaminated laundry and send home for parents to clean
Contaminated Sharps

Do NOT
- Pick up with bare hands
- Bend object
- Recap needle
- Remove needle
- Purposely break sharp object

Do
- Handle sharps carefully (use tongs or broom & dust pan)
- Place in appropriately labeled container and dispose of properly
Section Three

Take Steps if Exposed
What Is an Exposure Incident?

You have contact with blood or other potentially infectious material; for example:

- Splash in eye or mouth
- Bites that break the skin
- Puncture wound by sharp object (needle or sharp)

The incident occurs while performing your job duties.
What is NOT an Exposure Incident?

If you come in contact with blood or other potentially infectious material; for example:

- With intact skin
- Bites that do not break the skin
- Touching a child’s tooth with a small amount of blood on it
- Being sneezed on (no blood)
## If You Do Get Exposed

<table>
<thead>
<tr>
<th>Immediately:</th>
<th>Promptly:</th>
<th>You will receive:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Wash exposed area with soap and water</td>
<td>• Report to supervisor ASAP</td>
<td>• Medical evaluation:</td>
</tr>
<tr>
<td>• Flush splashes to nose, mouth, or skin with water</td>
<td>• Document</td>
<td>• At no cost to employee</td>
</tr>
<tr>
<td>• Irrigate eyes with clean water, saline, or sterile wash</td>
<td></td>
<td>• Includes health care provider’s written opinion</td>
</tr>
<tr>
<td>• Protect others</td>
<td></td>
<td>• Confidentiality</td>
</tr>
</tbody>
</table>
Standard Precautions Can...

Help protect you in the work place from exposure to bloodborne pathogens.

Reduce risk to you when accidental exposure occurs.

Work ONLY if you practice this properly at all times!