

# Infection Control Pocketbook

for Home Health Workers



If found, please return to:

Name:

Phone:

Address:



[www.oregon.gov/projectfirstline](http://www.oregon.gov/projectfirstline)



## Four Ways Germs Can Spread...

1

...through touch...

2

...whenever we breathe in and out...

3

...splashes or sprays of blood or water...

4

...and from clinical tasks that **bypass the body's defenses (i.e- needlesticks).**

**Take action!** Our pocket cards have the numbers above that correspond to infection control actions you can perform to prevent germs from spreading!

## How to Properly Wash Your Hands

- ① **Wet** your hands with clean, running water (warm or cold), and apply soap.
- ② **Scrub for at least 20 seconds**, get the backs of your hands between your fingers and under you nails.
- ③ **Rinse** your hands well under clean, running water.
- ④ **Dry** your hands using a clean towel or an air dryer.



**Clean Hands  
Save Lives.**

1

## Handwashing vs Hand Sanitizer

### When to Use

- Caring for a client with diarrhea.
- After you use the bathroom.
- Your hands are visibly soiled.

### How to Use

- Wet hands, apply soap.
- Rub all surfaces for at least 20 seconds.
- Rinse.
- Dry with a clean towel.

### When to Use

- All times handwashing is not required.

### How to Use

- Apply enough alcohol-based (at least 65% alcohol) hand sanitizer to cover all surfaces of your hands.
- Rub sanitizer onto all surfaces until dry.

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## Standard Precautions: When to Use PPE

<p><b>Gloves</b> <i>Keeps hands clean</i></p> <ul style="list-style-type: none"> <li>Use when cleaning or disinfecting an area around a sick client or other high-touch surfaces.</li> <li>Touching or contact with blood, stool, or other body fluids.</li> </ul> <p><b>1</b></p>	<p><b>Mask</b> <i>Filter &amp; blocks droplets when you inhale</i></p> <ul style="list-style-type: none"> <li>Use when caring for someone with a respiratory infection.</li> <li>Currently working in an area experiencing a respiratory outbreak.</li> </ul> <p><b>2</b></p>
<p><b>Eye Protection</b> <i>(Safety Glasses and/or Face Shield)</i> <i>Protects eyes from fluids &amp; particles</i></p> <ul style="list-style-type: none"> <li>Use when performing care activities that involve potential for splashes or sprays to the eyes.</li> <li>Note: prescription eye glasses are <u>not</u> adequate eye protection.</li> </ul> <p><b>3</b></p>	<p><b>Gown</b> <i>Protects skin and clothing from infectious materials</i></p> <ul style="list-style-type: none"> <li>Use when you anticipate your clothes will have direct contact with client or potentially infectious body fluids or materials.</li> </ul> <p><b>1, 3</b></p>

## Transmission-Based Precautions

<p><b>Contact</b></p> <ul style="list-style-type: none"> <li>PPE: Gown, gloves when providing personal care, wound care, handling soiled laundry, etc.</li> <li>Used for: an infection that can be spread by close contact, usually a multidrug resistant organism.</li> </ul> <p><b>1</b></p>	<p><b>Droplet</b></p> <ul style="list-style-type: none"> <li>PPE: Mask, eye protection when in home or within 6 feet of client.</li> <li>Used for: and infectious respiratory illness, such as the flu.</li> </ul> <p><b>2</b></p>
<p><b>Airborne</b></p> <ul style="list-style-type: none"> <li>PPE: N95 respirator, eye protection, gown, gloves when in the home.</li> <li>Used for: Infectious respiratory illnesses that spread very easily, such as COVID, TB, Chicken pox, or measles.</li> </ul> <p><b>1, 2</b></p>	<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>Also use Standard Precautions in all situations.</li> <li><u>ALWAYS</u> exit the home before removing your N95 respirator.</li> <li><u>NEVER</u> re-use or wash gloves, masks, N95s or disposable gowns.</li> <li>PPE can be thrown away in the trash.</li> </ul>

## Steps every healthcare should take for Safe Injections

*One Needle, One Syringe, Only One Time.*

- Perform hand hygiene** before prepping and administering medications.
- Prepare medication in a clean area.**
- Use single-dose or single-use medication vials and IV fluid bags for only one client.**
- Disinfect rubber septum** before piercing with needle.
- Dedicate multi-dose vials in the home for only one client.**
- Insulin pens:** Remove used needle, disinfect rubber septum, and install a new needle with every use.

**4**



## Preventing Foodborne Illness

**Wash your hands** before and after cooking and after handling raw fish and meats.

**Keep meat and poultry refrigerated** until ready to use.

**Use a different plate, cutting board, and utensils** for raw meats and for ready-to-eat foods.

**Don't leave food out for more than 2-3 hours.**

**Cook meat to minimum temp. to destroy harmful bacteria:**

**145°F** (beef, pork, veal, seafood, and lamb)

**160°F** (ground meats)

**165°F** (poultry)

## How to Keep Your Personal Belongings Clean in a Home Health Setting

① **Designate a “safe-place” for your belongings before you start working.** Choose a place away from care activities.

④ **Disinfect your belongings before returning them to your bag** so the “safe-place” does not get contaminated.

② **Disinfect the surface(s) in the “safe-place”** prior to placing your belongings using a disinfectant.

⑤ **When you are ready to leave, disinfect your belongings** with disinfectants.

③ **If you want to access to your items,** wash your hands or use hand sanitizer before accessing your bag.

**Why is this important?**  
Properly storing & sanitizing your personal items prevents germs from being brought in and out of the workplace.

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