

Infection Control – precautions to remember

1. Perform hand hygiene according to the five moments:
 - before and after touching a patient
 - before and after a procedure/after body fluid exposure risk
 - after touching a patient's surroundings
 - before and after glove use
2. How to safely don, use and remove personal protective equipment (PPE). PPE should be single use only.

How to safely don PPE:

- Don before entering room/before patient contact.
- Sequence for donning PPE:
 - Apron or gown first: secure at neck and waist.
 - Mask: adjust till securely fits over nose, mouth and chin.
 - Goggles or face shield (if used): adjust to fit securely.
 - Perform hand hygiene.
 - Gloves: correct size and extend over isolation gown cuffs if using yellow disposable isolation gowns.

How to safely use PPE:

- Keep gloved hands away from face.
- Avoid touching or adjusting other PPE.
- Remove gloves if they become torn; perform hand hygiene before donning new gloves.
- Limit surfaces and items touched.

How to safely remove PPE:

- Remove near doorway before leaving patient room or in ante room. Dispose of rubbish immediately.
- Perform hand hygiene immediately after removing PPE.
- Sequence for removing PPE:
 - Gloves: ensure minimal contamination by peeling away from hand turning glove inside out
 - Goggles or face shield: take care not to touch eyes, nose or face
 - Apron or gown: remove away from body turning contaminated outside toward the inside
 - Mask: remove away from face

3. Clean and disinfect the environment and all patient shared/used equipment with the appropriate cleaning products