

## INFECTION CONTROL PRECAUTIONS AT UCSF MEDICAL CENTER AND CHILDREN'S HOSPITAL

**“Standard Precautions”** are used by **ALL** staff in the care of **ALL** patients.

- Surface Disinfection – Staff will clean all shared equipment between patient uses
- Personal Protective Equipment (“PPE”) – Staff will wear protective gear as needed (gloves, gowns, masks, eye protection)
- Hand Hygiene – **All staff must clean their hands before and after contact with patients**

### Use Soap and Water:

- Wet hands with warm water
- Dispense one measure of soap into palm.
- Work up lather by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers.
- Rinse hands thoroughly
- Dry hands and turn off faucet with paper towel.
- Discard towel in the trash container

### Use Alcohol Gel:

- Dispense one measure of gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, about 15 – 20 seconds.

**It is okay to remind our staff to clean their hands if you do not observe them doing so!**

**“Transmission-based Precautions”** are added when a patient has, or is suspected to have, a disease that is not controlled using Standard Precautions alone. There are 4 types, described below:



**“Contact Precautions”** are used when a patient has (or may have) germs that are spread when people touch the patient or his/her environment, or the patient touches others.

#### Staff

- Wear gloves and gowns when contacting the patient or environment

#### Patient/visitors

- Clean hands frequently

**Because people visiting one patient don't enter the rooms of other patients, they are not required to wear a gown and gloves while visiting a patient on Contact Precautions.**

**“Droplet Precautions”** are used when a patient has (or may have) germs that are spread to other people by the droplets sprayed from the mouth or nose during speaking, coughing or sneezing, and can also be picked up when people touch the surfaces around you.

#### Staff

- Wear a mask and eye protection when within arm's reach

#### Patients

- Clean hands frequently, especially after coughing or sneezing
- Wear a mask when outside the room
- See Patient Information Sheet for additional information

#### Visitors

- Clean hands frequently
- Wear a mask while visiting with the patient
- Do not bring siblings or young children to visit



**“Airborne Precautions”** or **“Airborne/AFB Precautions”** are used when a patient has (or may have) germs that are spread by tiny droplets from the mouth or nose that stay suspended in the air and can be breathed in by other people.

#### Staff

- **Keep the door closed at all times**
- Staff entering the room must be immune to the patient's disease or will wear a special mask

#### Patients

- Clean hands frequently, especially after coughing or sneezing
- Wear a mask when outside the room
- See Patient Information Sheet for additional information

#### Visitors

- Must be immune to the patient's disease (vaccinated or already had the disease).  
OR
- Must wear a special mask provided by hospital staff while inside the patient's room.



**Patient information sheets with additional details are available at the nursing station.**