

UCSF Medical Center

UCSF Benioff Children's Hospital

Contact Precautions

Putting on and Removing Personal Protective Equipment (PPE)

Department of Infection Control and Hospital Epidemiology

2/8/2016

CONTACT ISOLATION PRECAUTIONS

Visitors ~ See Nurse before entering



WASH HANDS WITH SOAP AND WATER ON EXIT

Clean Hands ~ Gown & Gloves for ALL entries

UCSF Medical Center
UCSF Benioff Children's Hospitals

C2

Clean Twice

UCSF Medical Center
UCSF Benioff Children's Hospitals

Put on Gown and Gloves Upon Entry Into a Contact Precautions Room

- Remove any items from clothing that may prevent PPE from fitting properly
- Put the gown on to completely cover shoulders.
- If there is a neck and waist tie, tie the gown at the neck and waist.
- If the gown slips over the head, do so and tie the gown at the waist.
- If the gown has thumb holes, do not yet put the thumb through the hole.



Clean Your Hands

- Apply one measure of alcohol based hand rub.
- Rub your hands together between your fingers, around and under your fingernails, the backs of your hands, your wrists and palms until dry.
- Once the ABHR is dry, if your gown has thumb holes, place thumbs through the thumb holes.



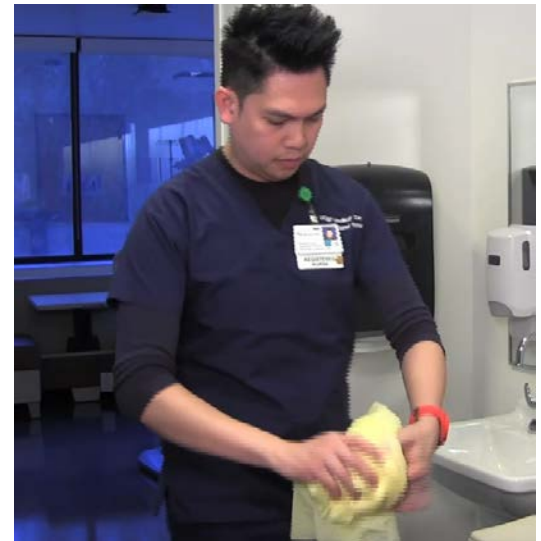
Put on Gloves and Enter Room



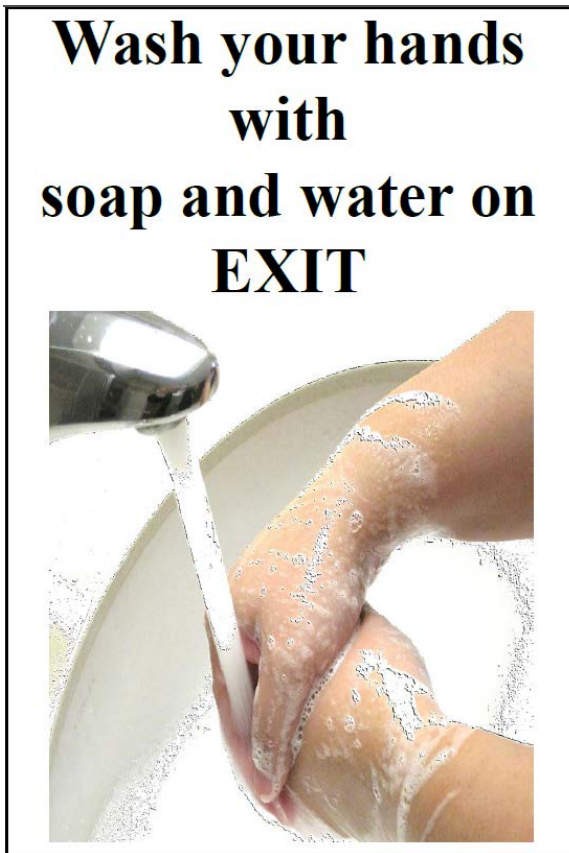
- Place gloves on your hands so the gloves cover the ends of the sleeves.
- Prior to entering the room you must have all PPE properly in place.
- Now you are ready to enter the room and safely care for your patient.
- Always use the hand products, including soap, ABHR and lotion provided by the hospital, as they are formulated to work together

Removing PPE

- Remove gown and gloves upon exiting a Contact Precautions room
- Remove gown & gloves simultaneously by rolling away from your clothing to limit contamination and discard them in the regular waste receptacle in the room.
- Gown and gloves may also be removed separately by first removing gloves and discarding followed by removing gown by rolling away from your clothing to limit contamination.



Wash Your Hands Upon Exit-Every Time



- Wet your hands
- Apply one measure of soap to your hands. The dispensers provide the correct amount of soap for one hand washing encounter.
- Rub your hands together using friction, clean between your fingers, around and under your finger nails, the backs of your hands, wrists and palms for 15 to 20 seconds. (one verse of Happy Birthday)

Wash Your Hands Upon Exit-Every Time



- Rinse your hands well under running water
- Pat your hands dry with a paper towel. Patting your hands dry is less abrasive than rubbing.
- Use a paper towel to turn off a manual faucet and open the door to exit

For additional information or to see the videos that demonstrate putting on and removing PPE and hand washing please visit the infection control website

<http://infectioncontrol.ucsfmedicalcenter.org/>

UCSF Medical Center

UCSF Benioff Children's Hospital