INFECTION PREVENTION EDUCATION: STANDARD PRECAUTIONS AND TRANSMISSION-BASED ISOLATION

UCSF Health

STANDARD PRECAUTIONS are used by ALL staff in the care of ALL patients. These include:

- **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

Technique for Soap and Water:

- Wet hands with warm water
- Dispense pump of soap into palm.
- Lather by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers
- Rinse hands thoroughly
- Dry hands with paper towel and discard in trash

Technique for Hand Sanitizer:

- Preferred method for most hand hygiene situations
- Dispense pump of gel into palm.
- 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 ISOLATION is used in addition to Standard Precautions for patients known or suspected to have certain types of infection. UCSF uses these types of isolation:

CONTACT

Used when a patient has (or may have) germs spread from touching the patient or their environment, or when the patient touches others

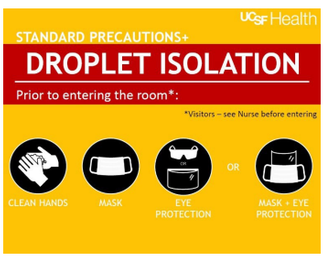




Staff	• Wear gloves and gown
Patients and Visitors	• Clean hands frequently; use soap and water for patients with diarrhea NOTE: Visitors of patients in Contact isolation are not required to wear gown and gloves since they don't enter other patient rooms.

DROPLET

Used when a patient has (or may have) germs spread from the mouth or nose during speaking, coughing, or sneezing, and can be picked up when people touch nearby surfaces



Staff	• Wear a mask and eye protection
Patients	• Clean hands frequently, especially after coughing or sneezing • Wear a mask when outside the room
Visitors	• Clean hands frequently • May wear a mask while visiting with the patient • Do not bring young children to visit

AIRBORNE

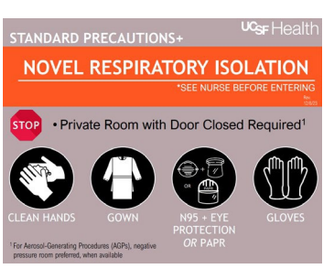
Used when a patient has (or may have) germs that are spread by tiny droplets from the mouth or nose that stay suspended in the air and can be breathed in by other people



Staff	• Keep the door closed at all times • Wear a special mask (N95)
Patients	• Clean hands frequently, especially after coughing or sneezing • Wear a mask when outside the room
Visitors	• May wear a special mask (N95) provided by hospital staff while inside the patient's room

NOVEL RESPIRATORY

Used when a patient has (or may have) newly identified germs, like COVID-19 or Mpox, that are spread when coughing, sneezing, speaking, spitting, singing, or mouth/throat suctioning



Staff	• Keep the door closed at all times • Wear a special mask (N95), eye protection, gown, and gloves
Patients	• Clean hands frequently, especially after coughing or sneezing • Wear a mask when outside the room
Visitors	• Wear a special mask (N95), eye protection, gown, and gloves provided by hospital staff while inside the patient's room

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

Department of Hospital Epidemiology and Infection Prevention 415-353-4343