

“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

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

Use Alcohol Gel:

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

“Transmission-based Precautions” are used in addition to Standard Precautions for patients know or suspected to have certain types of infection. There are 3 main types, described below:

“Contact Isolation” is 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 gown

Patient/visitors

- Clean hands frequently; use soap and water for patients with diarrhea

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 in Contact Isolation Precautions.



“Droplet Isolation” is used when a patient has (or may have) germs that are spread 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

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 Isolation” is 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 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



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

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