**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 3 types, described below:

**Contact Isolation Precautions**
- **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 in Contact Isolation Precautions.*

**Droplet Isolation Precautions**
- **Staff**
  - Keep the door closed at all times
  - Staff entering the room must wear a special mask
- **Patients**
  - Clean hands frequently, especially after coughing or sneezing
  - Wear a mask when outside the room
- **Visitors**
  - May wear a mask while visiting the patient
  - Do not bring siblings or young children to visit

**Airborne Isolation Precautions**
- **Staff**
  - Keep the door closed at all times
  - Staff entering the room must 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**
  - May wear a mask 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 and Control 415-353-4343
Standard Precautions

- **Clean hands**
  - upon entering patient room
  - before & after patient contact
  - after removing gloves
  - before exiting room
  - after contact w/ patient environment & equipment
- Clean & disinfect equipment between patient uses
- Use gloves for contact with blood or body fluids, excretions & secretions
- Anticipate need for protective barriers (gown, mask, etc) according to patient condition.