

Topic	Standard Precautions: Adult Family Homes
<p>Use the standard precautions below for all resident care. Use personal protective equipment (PPE) to protect healthcare providers from infection and prevent the spread of infection from patient to patient. <a href="#">Standard Precautions for All Patient Care   Basics   Infection Control   CDC</a></p>	
<b>Hand Hygiene</b>	Wash your hands with soap and water for 20 seconds or use alcohol-based hand rub (ABHR) until your hands are dry.
	Use soap and water if you can see dirt or body fluids on your hands. <a href="#">Hand Hygiene Guidance   Hand Hygiene   CDC</a>
	Keep ABHR and soap and water available for residents, staff, and visitors. Staff can assist residents if ABHR is not safe to use on their own.
<b>Respiratory Hygiene/Cough Etiquette</b>	Tell persons to cover their mouth and nose when they cough or sneeze; use tissues and throw them away in a no-touch garbage can. <a href="#">Cover Your Cough Poster   Washington State Department of Health</a>
<b>PPE</b>	PERSONAL PROTECTIVE EQUIPMENT (PPE) are gloves, gowns, facemasks, N95 respirators and eye protection that protect a person from getting another person’s body fluids on themselves.
	SUPPLIES - You need to keep enough PPE supplies in each home for residents, staff, and visitors. A good way to know you have enough PPE is to ask yourself if you have enough gloves, gowns, masks, and respirators for everyone to use if your residents become ill.
	SAFETY - Put on (Don) and remove (Doff) PPE safely to avoid personal contamination. More information can be found here: <a href="#">PPE Donning/Doffing Sign</a> or <a href="#">CDC Donning/doffing sequence</a>
	GLOVES - Use gloves if you touch blood, body fluids, the inside of someone’s mouth, open skin sores and contaminated items.
	GOWNS - Wear a gown if your clothes or skin could get blood or body fluids on them.
	MASK AND EYE PROTECTION - Use a mask and eye protection during resident-care activities that could create splashes or sprays of blood and body fluids.
	RESPIRATORS - Use N95 fit tested respirators for viruses that are spread through the air. For some viruses, you must wear a gown, gloves, N95 mask, and eye protection. The resident’s healthcare provider or your local health department can tell you when this is necessary.
<b>Resident Care Equipment and Environment</b>	Clean equipment right away if you see blood or body fluids or dirt on resident care equipment.
	If you use glucometers (machine that measures blood sugar) for residents, you should dedicate one glucometer to each individual resident. Personal glucometers cannot be correctly cleaned and disinfected between residents. Personal glucometers can spread blood borne pathogens to other residents.
	Use an EPA-registered disinfectant for cleaning resident equipment and rooms. <a href="#">Selected EPA-Registered Disinfectants   US EPA</a>
	Create a plan for routine care, cleaning, and disinfection of surfaces, especially frequently touched surfaces in resident-care areas. You may need to clean more often if a resident is sick.
	Know how to mix bleach safely. <a href="#">Cleaning and Disinfecting with Bleach   CDC</a>
<b>Laundry</b>	Do not shake dirty laundry. Wash heavily soiled laundry in a separate load.
	Wash and dry items according to manufacturer’s instructions, use warmest temperature when possible.

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<b>Safe Injection Practices</b>	Do not use needles or syringes for more than one resident (this includes prefilled syringes and other devices like insulin pens) <a href="#">Infection Prevention during Blood Glucose Monitoring and Insulin Administration   Injection Safety   CDC</a>	
	Use a new needle and syringe for medication containers each time, even when withdrawing more doses for the same resident or client. <a href="#">One and Only Campaign   Injection Safety   CDC</a>	
	Prepare injections in a clean area away from sinks and water sources.	
<b>Needles and Other Sharps</b>	Do not recap, bend, break, or handle used needles	
	Right after the injection, place used needle into a puncture-resistant container.	
	Do not overfill any containers holding needles.	
<b>Resident Placement</b>	<p style="text-align: center;"><b>Single Room</b></p> <p>Residents should have a single room when available if the resident has:</p> <ul style="list-style-type: none"> <li>• an illness that can easily spread to others</li> <li>• lots of body fluids (like diarrhea or an open sore)</li> <li>• a condition that makes it easy for them become ill (immunocompromised)</li> </ul>	<p style="text-align: center;"><b>Shared Room</b></p> <p>If a single room is not available, choose a roommate when possible that:</p> <ul style="list-style-type: none"> <li>• is not immunocompromised</li> <li>• does not have an open sore or catheter</li> <li>• will stay in their own space</li> </ul>
	<b>Staff Education</b> Train staff on standard precautions that include hand hygiene, cough etiquette, cleaning resident care equipment and environment, PPE use, laundry, safe sharps, and injection practices, and resident placement.	
<b>Outbreak Management</b>	Train staff to know the steps for an infectious disease outbreak that includes reporting, resident placement with like illnesses or symptoms, isolation, use of PPE. <a href="#">CDC Isolation Precautions</a>	
	Train staff on how outbreak information will be shared with residents, staff, and visitors.	
<b>Respiratory Protection Program (RPP)</b>	Fit test staff annually with N95 respirators, train staff on the importance of respiratory protection and have staff complete a medical clearance to wear an N95 respirator as required. You must have a written RPP and keep fit test, medical clearance and training records in your home. <a href="#">Respiratory Protection Program for Long-Term Care Facilities   Washington State DOH</a>	
<b>Resources</b>	<ul style="list-style-type: none"> <li>• <a href="#">Infection Control Assessment and Response (ICAR)   Washington State Department of Health</a></li> <li>• <a href="#">Project Firstline   Washington State Department of Health</a></li> <li>• <a href="#">Four Steps to Food Safety   CDC</a></li> </ul>	

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