

- What is it?

Infectious Disease Risk Control

Some of the controls staff can use to manage infectious disease risks by ensuring standard precautions are adopted for the care and treatment of all clients and when handling all blood and bodily fluids.

This includes:

- Personal hygiene practices, particularly hand hygiene, including covering non-intact skin (for example cuts, dermatitis) with a water-resistant dressing
- Correct use of personal protective equipment, which may include gloves, gowns, face masks and face shields
- Safe handling and disposal of sharps, and using safety engineered medical devices such as retractable needles where appropriate
- Maintain a clean work environment and manage spills of blood and body substances
- Hygienically handle and launder soiled linen
- Handle and dispose of all waste appropriately, including clinical waste
- Correctly clean reusable equipment

Hand Hygiene

Hand hygiene is one of the most important aspects of infection control.

Hand hygiene includes:

- Wash your hands often with soap and water. This includes before and after eating and after going to the toilet
- Use alcohol-based hand sanitisers when you can't use soap and water
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces you often use such as benchtops, desks, and doorknobs
- Clean and disinfect objects you often use such as mobile phones, keys, wallets, and work passes

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0 Wet hands with water;

1 Apply enough soap to cover all hand surfaces;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Rinse hands with water;

9 Dry hands thoroughly with a single use towel;

10 Use towel to turn off faucet;

11 Your hands are now safe.

World Health Organization Patient Safety SAVE LIVES Clean Your Hands

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a Apply a palmful of the product in a cupped hand, covering all surfaces;

1b Rub hands palm to palm;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Once dry, your hands are safe.

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- Controls to Protect You from Infection

Basic Personal Protective Equipment (PPE)

Putting on PPE - Donning

Your PPE should be put on in the following order before entering the client's home:

1. Rub hand sanitiser into both sides of both hands
2. Put on face mask

Once inside the home:

1. Wash your hands with soap and water thoroughly before starting any tasks
2. Put on disposable gloves prior to commencing personal care tasks or having any direct contact with a client's body

Taking off PPE - Doffing

The following sequence is recommended:

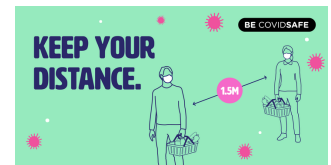
1. Remove gloves without touching the outside of the glove (see instructions on page 2) and perform hand hygiene (either wash your hands with soap and water or use hand sanitiser).
2. Remove face mask by only handling the ties or ear loops (see instructions on page 6), then discard in the bin and perform hand hygiene. Do not touch the front of the face mask – this is considered a contaminated area of the mask.

The correct and safe removal of PPE is necessary to avoid self-contamination of clothing, skin, or open membranes (like your eyes, mouth, nose, or open cuts) with potentially contaminated PPE.

Mask Use & Re-Use

1. Before you touch your mask, wash, or sanitise your hands thoroughly.
2. A different clean mask should be used for each client.
3. Pick your mask up by the elastic loop.
4. Loop elastic over your ears. Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.
5. Do not touch the front of your mask while wearing it.
6. Before removing the mask, wash, or sanitise your hands.
7. Remove the mask using the ear loops.
8. Complete hand hygiene (wash or sanitise)

If you have a reusable or fabric mask, it must be washed properly in a washing machine after each use.



Physical Distancing

In the client's home and in public:

- Keep 1.5 metres away from your client and others wherever possible.
 - For example, sit on opposite sides of the table, sit on an alternative lounge chair, stand a distance away during conversation.
- Avoid physical greetings such as handshaking and hugs.
- Avoid public transport if possible.
 - In a car, everyone is to wear a mask.
- Avoid crowds
 - For example, if you see a crowded space do not enter and wait outside the shop, medical centre etc.
- Avoid large public gatherings
 - For example, at the park or a popular walkway find somewhere else to go when it is busy or at a quieter time.
- Do not attend work when you are sick.



Figure: https://www.ansell.com/-/media/projects/ansell/website/pdf/life-science/laboratory/ansell_dorningdoffingtechnicalrelease_en.ashx