

**RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER**

**Infection Prevention and Control**

**BLOODBORNE PATHOGENS EXPOSURE CONTROL PLAN**

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**SUBJECT:      WORKPLACE TRANSMISSION : STANDARD  
                         PRECAUTIONS**

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**A. Standard Precautions**

Standard Precautions are designed to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection in hospitals. Standard Precautions were introduced in the 1996 CDC Guideline for Isolation Precautions in Hospitals. It synthesizes the major features of Universal Precautions and Body Substance Isolation. Standard Precautions apply to **ALL** patients receiving care in hospitals, regardless of their diagnosis or presumed infection status.

Standard Precautions apply to 1) blood; 2) all body fluids, secretions, and excretions except sweat, regardless of whether or not they contain visible blood; 3) non-intact skin; and 4) mucous membranes. Standard Precautions are fundamental to patient care and are the standards of practice by every healthcare worker.

**Key Components:**

**Hand Hygiene (soap and water or alcohol based hand rub)**

- After touching blood, body fluids, secretions, excretions and contaminated items
- Immediately after removing gloves
- Between patient contact

**Gloves**

- For contact with blood, body fluids, secretions and contaminated items
- For contact with mucous membranes and non-intact skin

**Masks, goggles, face masks**

- Protect mucous membranes of eyes, nose and mouth when contact with blood and body fluids is likely

**Gowns**

- Protect skin from blood or body fluid contact
- Prevent soiling of clothing during procedures that may involve contact with blood or body fluids

**Linen**

- Handle soiled linen to prevent touching skin or mucous membranes
- Do not pre-rinse soiled linens in patient care area

**Patient care equipment**

- Handle soiled equipment in a manner to prevent contact with skin or mucous membranes and to prevent contamination of clothing or the environment
- Clean reusable equipment prior to reuse

**Environmental cleaning**

- Routinely care, clean and disinfect equipment and furnishings in patient care areas.

**Sharps**

- Do not recap used needles
- Do not remove used needles from disposable syringes
- Do not bend, break or manipulate used needles by hand
- Place used syringes and needles, scalpel blades, and other sharps in puncture-resistant containers

**Patient resuscitation**

- Use mouthpieces, resuscitation bags or other ventilation devices to avoid mouth-to-mouth resuscitation

**Patient placement**

- Place patients who contaminate the environment or cannot maintain appropriate hygiene in private rooms

**Respiratory Protection**

- Use particulate respirator (i.e. N-95 respirator) during aerosol-generating procedures when the aerosol is likely to contain *M. tuberculosis*, SARs-Cov, or avian or pandemic influenza viruses, SARS-CoV-2.

**B. Respiratory Hygiene/Cough Etiquette**

The CDC Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings 2007 has incorporated the Respiratory Hygiene/Cough Etiquette into Infection Prevention and Control practices as a component of Standard Precautions. The elements of Respiratory Hygiene/Cough Etiquette include:

1. Education of healthcare facility staff, patients, and visitors
2. Posted signs in language appropriate to the population served with instructions to patients and accompanying family members or friends
3. Source control measures (e.g. covering mouth/nose with a tissue when coughing and disposing of used tissues, using surgical masks on the coughing person when tolerated and appropriate)
4. Hand hygiene after contact with respiratory secretions
5. Spatial separation, ideally >3 feet, of persons with respiratory infections in common waiting areas when possible.