

## **INFECTION CONTROL POLICY**

1. These are specific sets of infection control precautions which should be widely disseminated and practiced. These include standard precautions and isolation-based precautions (contact / droplet / airborne). Standard precautions are discussed here whereas isolation-based precautions will be discussed in later sections.

a. **Standard Precautions**

- (1) Apply to all students/ faculty/Staff working in the skill lab and college laboratories
- (2) Apply to:
  - (a) Blood
  - (b) All body fluids, secretions, and excretions, regardless of whether or not they contain blood;
  - (c) non intact skin; and
  - (d) Mucous membranes
- (3) It includes:-
  - (a) Hand hygiene
  - (b) Personal protective equipment (glove, gown, mask etc)
  - (c) Safe Injection Practices
  - (d) Handling and disposal of sharps
  - (e) Cough etiquettes
  - (f) Environmental control cleaning and spill management
- (4) **Hand Hygiene**
  - (a) **Importance of Hand Hygiene**
    - i. Hand hygiene is the most important aspect of reducing the risk of infection this applies to everyone especially faculty, students and staff
    - ii. Hand hygiene refers to hand washing with soap or water use of alcohol-based hand disinfectant.
    - iii. It must be performed before and after performing every procedure in labs.

(b) **If Hands are not Visibly Soiled**

- i. Apply the amount of alcohol-based hand rub enough to be used on both hands.
- ii. Rub hands together so that the solution comes into contact with all surfaces of the hand, paying particular attention to the tips of the fingers, the thumbs and the areas between the fingers.
- iii. Continue rubbing until the solution has evaporated and the hands are dry.
- iv. Alcohol based hand rub should be readily accessible at key points in labs.

(c) **If Hands are Visibly Soiled**

- i. If hands are visibly soiled, hand hygiene should be performed using soap and water.
- ii. Wet hands under running tap water and apply soap.
- iii. Rub hands together for a minimum of 15 seconds so that the soap comes into contact with all surfaces of the hand, paying particular attention to the tips of the fingers, the thumbs and the areas between the fingers.
- iv. Rinse hand thoroughly under running water, then dry with single use towels.
- v. Tap should ideally be sensor based, elbow based or foot based.

- (5) **Personal Protective Equipment.** PPE is designed and issued for a particular purpose in a protected environment and should not be worn outside that area.

(6) **Wearing of Gloves.** Gloves must be worn as a single use item for: -

- i. Each invasive procedure.
- ii. Any activity that has been assessed as carrying a risk of exposure to blood and body fluids.

(b) **Aprons and Gowns.** Apron or gown should be worn by all faculty/ students/staff when in close contact with the materials or equipment that may lead to contamination of skin, uniform or other clothing with infectious agents.

(c) **Face and Eye Protection**

- i. The mucous membranes of the mouth, nose and eyes are portals of entry for infectious agents, as are other skin surfaces if skin integrity is compromised e.g. by acne and dermatitis.
- ii. Face and eye protection reduces the risk of exposure to splashes or sprays of blood or body substance and is an important part of standard precautions.
- iii. Face and eye protection/mask is also worn as part of transmission base precaution.
- iv. Masks should be changed when they become soiled or wet.
- v. Masks should never be reapplied after they have been removed.
- vi. Masks should not be left dangling around the neck.
- vi. Touching the front of the mask while wearing it should be avoided.

- (6) **Safe Injection Practices** One needle, one syringe for one procedure to be used only once through strict aseptic techniques.
- (7) **Handling and Disposal of Sharps**
  - (a) Needles must not be broken, bent or recapped after use.
  - (b) Sharp containers must be appropriately placed for disposal of all sharps.
- (8) **Cough Etiquettes**
  - (a) Cover the nose / mouth with disposable single use tissue when coughing, sneezing and blowing noses.
  - (b) If no tissues are available, cough or sneeze into the inner elbow rather than hand.