

# TRANSMISSION BASED PRECAUTIONS

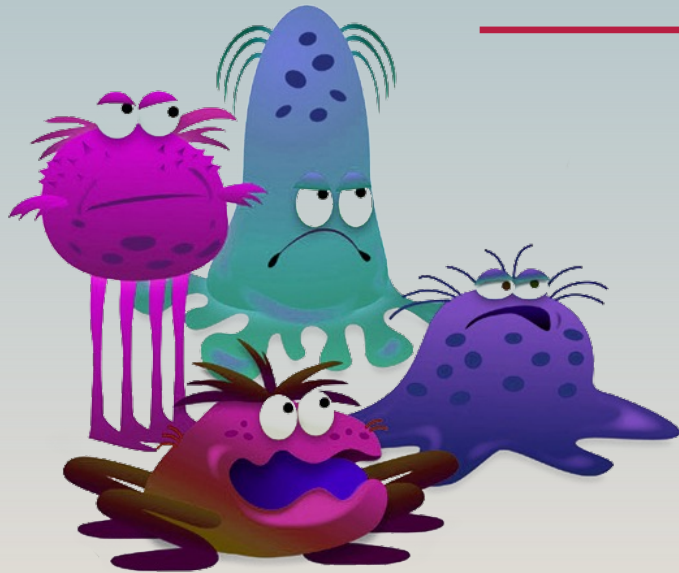
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BEHAVIOR INTERVENTION SERVICES

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# WHAT ARE PATHOGENS?

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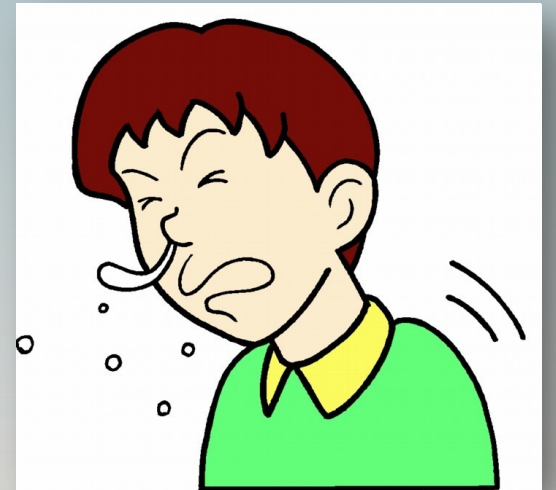
- Pathogens are microorganisms that cause diseases
- Classified into 4 main categories
  - Viruses: colds, flu, Hepatitis B, AIDS, COVID-19
  - Bacteria: TB, Intestinal diseases
  - Fungi: Asthma/allergies, Athlete's foot
  - Parasites: Malaria



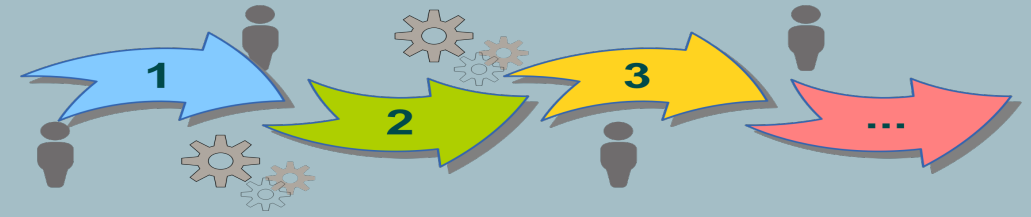
# HOW DO PATHOGENS SPREAD?

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- Pathogens can spread through inhalation, ingestion, and contact
- Inhalation: carried on respiratory droplets in the air and enters the respiratory system
- Ingestion: ingested, usually through contaminated hand or food
- Bloodborne contact: infected blood or bodily fluids gain entry through another person's blood, mucus membrane, or sexual contact



# CHAIN OF INFECTION



- Agent: begins with an infectious agent (bacteria, fungi, viruses, etc)
- Reservoir: place where the agent lives, grows, multiplies (human, animal, environment)
- Portal of Exit: path which the infectious agent leaves its host (nose, mouth, blood or bodily fluids)
- Method of Transmission: the way the agent travels from reservoir to host (direct and indirect contact, airborne, droplet)
- Portal of Entry: manner in which the agent enters the host (eyes, nose, mouth)
- Susceptible Host: person who is unable to resist the invasion of the infectious agent



# STANDARD AND TRANSMISSION- BASED PRECAUTIONS

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# STANDARD PRECAUTIONS VS TRANSMISSION-BASED PRECAUTIONS

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## STANDARD

- Based on the principal that ALL blood, body fluids, secretions, etc may contain transmissible infectious agents
- Used for all individuals, visitors, and staff
- Used when come into contact with blood, bodily fluids, non-intact skin, etc
- Also used when coming into contact with equipment, linens, or surfaces that may be contaminated

## TRANSMISSION-BASED

- Used when an individual has a known or suspected disease
- Airborne precautions
- Contact precautions
- Droplet precautions

# STANDARD PRECAUTIONS

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Standard precautions should be used at all times while you are working. Do this by:

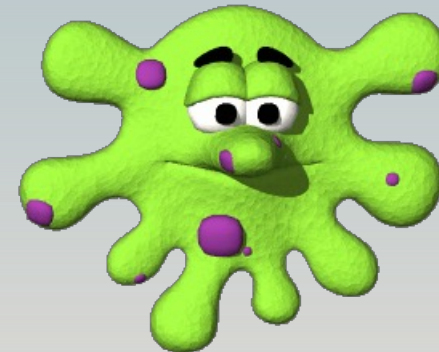
- Performing hand hygiene
- Using PPE
- Handling care equipment, linens, etc. appropriately
- Cleaning environmental surfaces
- Practicing respiratory hygiene and cough etiquette



# AIRBORNE PRECAUTIONS

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- Implemented when an individual has or is suspected of having an illness that is spread through the air
- These organisms can remain airborne for prolonged periods of time, over long distances, and are very contagious
- For example:
  - Measles
  - Chicken pox
  - Shingles
  - Tuberculosis





# CONTACT PRECAUTIONS

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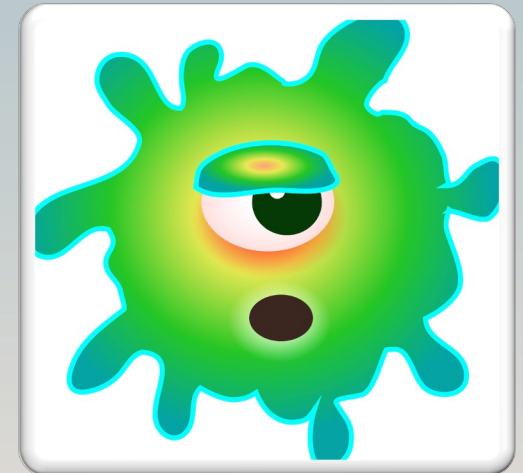
- Used to prevent the transmission of illnesses easily spread through contact with the individual or contaminated items in their environment
- Two types of contact:
  - Direct: skin to skin contact
  - Indirect: touching something in the environment that is contaminated
- For example:
  - Scabies and lice
  - Herpes simplex virus
  - MRSA and VRE



# DROPLET PRECAUTIONS

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- Used for illnesses that spread through large droplets from the respiratory tract that float in the air
- Includes putting on a mask if you will be within 10 feet of sick individual
- For example:
  - Influenza
  - Mumps
  - German measles
  - Whooping cough



# BLOODBORNE PATHOGENS (BBP)

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# BLOODBORNE PATHOGENS

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- Bloodborne pathogens are microorganisms that are present in blood or other potentially infectious material
- Can enter your body through:
  - A break in the skin
  - Mucus membranes
  - Sexual contact





# BBP TRANSMISSION

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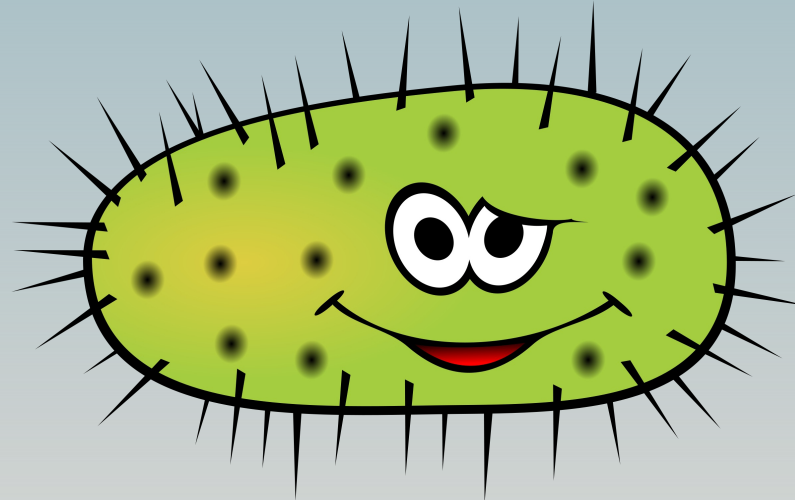
- Most exposures do not result in infection
- Risk of infection increases depending on:
  - Pathogen involved
  - Type/route of exposure
  - Amount of virus in the infected blood
  - Amount of infected blood involved
  - If post-exposure treatment was done
  - Immune status of infected individual



# MAIN BLOODBORNE DISEASES OF CONCERN

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- Hepatitis B
- Hepatitis C
- HIV



# HEPATITIS

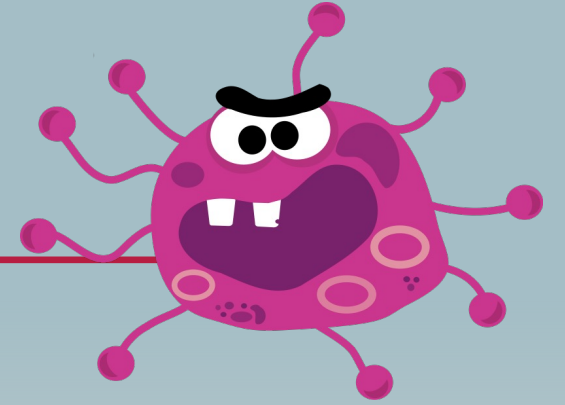
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- Very infectious organisms that attack the liver
- Hepatitis B
  - Can survive outside the body for up to 7 days on a surface such as a counter
  - No cure but a very effective vaccine
- Hepatitis C
  - Most common chronic bloodborne disease
- Symptoms include flu-like symptoms, fatigue, jaundice, loss of appetite



# HIV

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- Attacks the human immune system
- Does not survive outside the body for more than a few hours
- No cure and no vaccine
- Many people do not have symptoms for years or have mild flu-like symptoms
- Spread from person to person through blood, sexual contact, or transfusions



# HOW TO KEEP YOURSELF SAFE

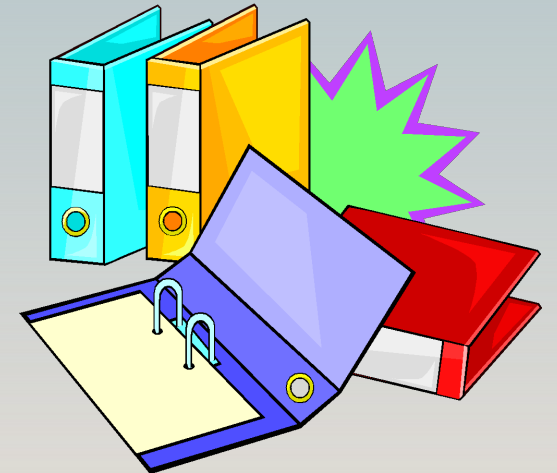
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# EXPOSURE CONTROL PLANS

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- Use to eliminate/minimize your risk of exposure
- Contains the following things:
  - Exposure determination to identify employees that are at risk for exposure
  - Methods and controls used to protect you from exposure
  - Post exposure evaluation and follow-up procedures
- Updated annually





# TYPES OF PPE

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- Gloves

- When you touch or have the potential to touch:
  - Bodily fluids
  - Non-intact skin
  - Potentially contaminated surfaces

- Masks

- Protect your face/mouth from pathogens transmitted through the air





# APPLYING AND REMOVING PPE

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1. Put on mask
2. Put on gloves
3. Complete the task you needed the mask and gloves for
4. Take off gloves
5. Take off mask – remember not to touch the outside surface of your mask while removing it
6. Complete hand hygiene and wash your hands with soap and water for 20 seconds



You should also be wearing gloves during med passes and hygiene tasks

# HAND HYGIENE

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Wash your hands with soap and water for at least 20 seconds

Times to practice hand hygiene:

- When you arrive to work and leave your shift
- Before and after direct contact with your client
- After touching bodily fluids (yours or your client's)
- Before preparing or eating food
- After using or assisting your client with using the restroom



# HOW TO WASH YOUR HANDS

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In order to be effective, you must follow the proper procedure:



1. Check that you have enough soap and paper towels
2. Turn on the faucet and make sure the water is warm – keep the water running so that you aren't re-contaminating your hands by turning the faucet on and off
3. Apply an appropriate amount of soap – apply to tops and bottoms of hands, fingers, and wrists
4. Clean between your fingers and under fingernails – wash your hands for 20 seconds
5. Rinse your hands well under running water with fingertips pointing down
6. Dry your hands thoroughly with a paper towel

# HAND SANITIZER VS SOAP AND WATER

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## HAND SANITIZER

- Routine decontamination of your hands

**YOU SHOULD STILL WASH YOUR HANDS WITH SOAP AND WATER AS SOON AS POSSIBLE**

## SOAP AND WATER

- Hands are visibly dirty or contaminated with blood or other potentially infectious materials



# HOW TO PROPERLY SANITIZE

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- Read the directions on your cleaning product
- Pre-clean the surface if necessary
  - Make sure to wash the area with soap and water if called for in the directions or if surface is visibly dirty
- Follow the contact time
  - Find this in your directions. Make sure your surface is wet the whole time
- Wear gloves and wash your hands
  - Be sure to wash your hands after cleaning, even if you wore gloves to do so
- Put your cleaning supplies back away out of reach

# COVID-19 PRECAUTIONS

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# WHAT IS COVID-19?

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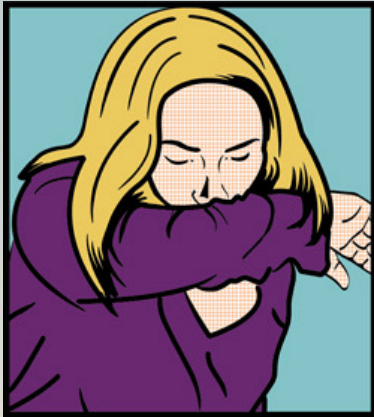
- A respiratory illness that can spread from person to person. It is spread between people who are in close contact through respiratory droplets produced when an infected person sneezes or coughs. It can also be spread by someone touching an object that has the virus on it and then touching their mouth or nose
- Symptoms include:
  - Fever
  - Cough
  - Shortness of breath
  - Chills
  - Unexplained stomach issues
  - Muscle Pain
  - Headaches
  - Sore Throat
  - New loss of taste or smell
  - Severe/unusual fatigue



# HYGIENE TIPS

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- Wash your hand frequently
  - Use soap and water and wash for at least 20 seconds
- Cover your coughs/sneezes with your elbow
- Avoid touching your mouth/nose/eyes with unwashed hands





# IT'S GOOD PRACTICE TO...

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- Practice social distancing when possible
  - Eliminate unnecessary touching (hugs/handshakes)
  - Explain why this is necessary to your clients
- Avoid large crowds and gatherings
- Wear a mask
- Avoid close contact with people who are sick
- If your client doesn't feel well, encourage them to stay in their room
- Stay home if you feel sick



# COVID-19 COMMUNICATION

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Please notify HR/your supervisor if:

- Let your site supervisor know immediately if you tested positive for COVID-19
- You run a fever (temperature over 100.4), have a cough, or have difficulty breathing or have any other symptoms of COVID-19



# SICK/ COVID-19 PROCEDURES



- If you're sick, you're required to wear a mask when coming to work
- If you've tested positive for COVID-19:
  - At least 5\*\* days have passed since symptoms *first appeared* **and**
  - You have been fever free for at least 24 hours without the use of fever reducers **and**
  - Respiratory symptoms have improved (shortness of breath, cough, sore throat etc.)
  - \*\* *the CDC has changed their guidelines for healthcare and essential employees from 10 days to five days, as long as the individual is not actively showing symptoms. So you may be eligible to return to work sooner depending on your health status.*
- BIS will follow a Zone procedure to assist with COVID-19 restriction guidance. These Zones will be based upon CDC and local governing Health Department guidelines.
  - **Green** Zone: masking is not required. COVID-19 check-ins and screenings are not required.
  - **Red** Zone: masking is required for employees and COVID-19 protocols will be reinstated.
  - Reach out to your site supervisor(s) if you have questions about masking requirements at your work location.

# ISL PROCEDURES

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- Continue to self-monitor and report any medical concerns (including COVID-19 symptoms) to your site supervisor as soon as possible.
- If temperature is over 100.4 contact your site supervisor immediately before coming to work. If you develop symptoms on shift, put on your mask, then contact your site supervisor.
- All staff will also be required to wash their hands before and after shift. Regular hand washing should occur throughout shift
- Employees who are sick are required to wear a 3-ply mask or an N95 while in close proximity to any client or coworker. Anyone who wants to wear a mask/facial covering is welcome to do so.



# GROW@BIS PROCEDURES



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- Continue to self-monitor and report any medical concerns (including COVID-19 symptoms) to your site supervisor as soon as possible. If temperature is over 100.4 contact your site supervisor immediately
  - If temperature is over 100.4 contact your site supervisor immediately before coming to work. If you develop symptoms on shift, put on your mask, then contact your site supervisor.
  - All staff will also be required to wash their hands before and after shift. Regular hand washing should occur throughout shift
  - Employees who are sick are required to wear a 3-ply mask or an N95 in close proximity to any client or coworker. Anyone who wants to wear a mask/facial covering is welcome to do so.
  - If sick, clients are required to wear masks to their best ability

# NATURAL HOME PROCEDURES

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- Staff are asked to take their temperature and self-assess for symptoms, 1 hour before their shift starts and report to their supervisor if they have a fever (100.4 or higher) or any other COVID-19 symptoms.
- Staff should sanitize or wash their hands upon entering and exiting the home.
- Staff should work in one area of the house (if possible) that has been sanitized. Clean any area in the home before leaving shift.



# EXTRA CLEANING

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- Disinfect/sanitize your area when you get to work and when you leave
- Clean and disinfect frequently used objects and surfaces more often and throughout your shift:
  - Door handles
  - Light switches
  - Remotes
  - Faucets
  - Handrails
  - Phones
  - Keyboards

