

Infection Prevention & Control

Routine Practices



Protect yourself and Others

What does Routine Practices Mean?

Routine Practices are activities that you do to help reduce your risk of being exposed to blood, body fluids and non-intact (broken) skin of other people

By following Routine Practices you help protect yourself and others from diseases that can be spread from person to person.

What are these Routine Practices?

1. Handwashing
2. Gloves
3. Environmental Cleaning
4. Up to Date Immunizations
5. Face Protection
6. Safe Handling of Sharps

Routine Practices

- It is important that these practices are always used correctly.
- Incorrect use of these practices may increase the risk of infection to yourself and others

Handwashing



This is my
“I-can’t-believe-you-didn’t
clean-your-hands” stare

Handwashing

- Handwashing is a simple but effective way to prevent infections.
- Hands should be washed any time you have contact with another person's blood, body fluids, broken skin or when visibly dirty.
- Hands can be washed using regular soap and water or...
- Hands can be washed using an alcohol based hand sanitizer.



Washing hands with soap and water:



Washing hands with Alcohol-Based Hand Rub:

1. Put a nickel sized amount of the sanitizer in the middle of your hand
2. Rub your hands all over with the hand sanitizer until it completely dries.
3. This should take about 15 seconds.



Gloves

Gloves should:

- be worn if you will touch someone else's blood, body fluids or broken skin.



- Gloves should also be worn if you are going to clean up a spill of blood or body fluids



Gloves:

- Gloves should be put on just before you touch the other person or spill



- Gloves should be removed as soon as you are finished with the activity

- **WASH YOUR HANDS AS SOON AS POSSIBLE AFTER YOU TAKE OFF THE GLOVES**



Environmental Cleaning

- We wash our hands when we become exposed to blood or body fluids.
- It is just as important for us to clean surfaces that have been contaminated with these as well.



How to clean up after a blood or body fluid spill:

1. Put on a pair of household rubber gloves.
2. Clean up the spill using paper or disposable towel and dispose of these in a plastic bag.
3. Wash the area with a household cleaner



Cleaning up a spill continued:

4. Wipe the surface with a fresh solution of bleach (50 ml bleach to 450 ml water or $\frac{1}{4}$ cup bleach to $2\frac{1}{4}$ cups of water).
5. Leave the bleach solution in contact with the surface for at least 10 minutes. This will kill any germs left on the surface.
6. Wipe up the bleach solution with more paper towels.



Cleaning up spills continued:

7. Dispose of used paper towels and gloves in a plastic garbage bag



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8. WASH YOUR HANDS!



Face Protection:

- Face protection includes safety goggles and masks.
- Face protection is needed if you are doing an activity where there might be a splash of blood or body fluids to your face.



SHARPS



Sometimes
you may
come across a
“sharp” in a
public area

Safe Handling of Sharps

Sharps that you may find include:

used needles



broken glass



used razors



These can cause an infection if you come in contact with them and they have been contaminated with blood or body fluids.

Safe Handling of Sharps continued:

If you are using a sharp always dispose of it safely in a puncture resistant container.



**NEVER OVERFILL
SHARPS CONTAINERS**

What to do if you find a sharp outside in a public area:

- If you find a sharp...**NEVER PICK IT UP WITH YOUR BARE HANDS!**
- Block off the area where the sharp is located and contact: **Your local municipality or band office for clean up.**

If you are poked or cut by the sharp, immediately wash the area with soap and water and go to your local health center or emergency room as soon as possible! Let them know you were cut by a contaminated sharp



Immunizations (Vaccines):

- Immunizations stimulate your body to produce protective antibodies or “fighter cells” to certain diseases.
- When you are exposed to the disease you already have built up protection from it and do not get sick or as sick as you would if you did not have the vaccine.



Immunizations(Vaccines):

- Make sure you and your family are up to date with the vaccines provided for free here in the Northwest Territories.
- Check with your employer as certain immunizations may be recommended for your job.
- Additional vaccines may be required if you are traveling outside of Canada.
- You can book an appointment to get your vaccines updated at your local health centre or public health office.



Thank you

For more information consult DHSS website:

www.hlthss.gov.nt.ca

References:

1. Peel Health Region: “Routine Practices” pamphlet:
<http://www.peelregion.ca/health/>
2. Webber Training:
<http://webbertraining.com/freeposterdownloadsc97.php>