

# UNIVERSAL PRECAUTIONS



# Universal Precautions

- Blood and certain body fluids are assumed to be possibly infected and precautions are taken “universally” in all potential exposure situations.
- These precautions are written in accordance with guidelines established by the Center for Disease Control (CDC) and OSHA.
- These apply to all personnel.

# Universal Precautions—Categories of Germs

- Bacteria (Strep, Staph, e-coli)
- Fungus (Ringworm, Thrush, Yeast, Mold)
- Viruses (Common Cold, HBV, HIV, Ebola, COVID-19)
- Parasites (Malaria, Fleas, Ticks, Lice)

# Universal Precautions—How are Germs Transmitted

- **FIVE MODES:**

- Airborne (Legionnaires Disease)
- Droplets (Cold, Influenza, TB, COVID-19)
- Blood and Body Fluids (STD's, HBV, HIV)
- Skin to Skin (Pinkeye, Ringworm)
- Oral/Fecal (Hepatitis A, Food Poisoning, e-coli)

# Universal Precautions—Links in the Chain of Infection

- Infectious Agent—germs that cause disease
- Reservoir/Stored—carrier or host
- Port of exit—the way it leave the carrier or host
- The way infection travel—on hands
- Port of entry—the way infection enter the body
- Susceptible host—person with low resistance or low immune system

# Universal Precautions—Bloodborne Pathogens

- The 3 of most concern:
- Hepatitis B –HBV
- Hepatitis C
- HIV - AIDS



# Universal Precautions—Bloodborne—Hepatitis B Virus

- Extremely contagious
- Causes: inflammation of the liver; Jaundice, Fatigue, Loss of Appetite, Abdominal pain
- About 10% of those infected become carriers
- Can live outside the body for up to 2 weeks
- **There is an effective vaccine!!**

# Universal Precautions—Bloodborne—Hepatitis C Virus

- Very contagious
- Initially causes symptoms similar to HBV
- Can live outside the body for 3-4 days
- About 85% are chronically infected carriers
- **There is no vaccine!!**



# Universal Precautions—Bloodborne—HIV

- Attacks the immune system, destroying the body's ability to fight infection
- **There is no vaccine or cure yet; but treatment keeps the virus under control which means people can live a long & healthy life !!**

# Universal Precautions—COVID-19 (Coronavirus)

- Symptoms include, but not limited to: fever, cough, difficulty breathing, tiredness, aches, runny nose, sore throat
- Symptoms can range from very mild to severe; some people have no symptoms; if you have mild symptoms stay home until recovered. Symptoms can be relieved if you: rest & sleep, keep warm, drink plenty of liquids, use a room humidifier or take a hot shower to help ease sore throat & cough
- Persons having existing chronic medical conditions such as heart or lung disease, diabetes, may be at higher risk of serious illness
- **Risk Factors:** recent travel from a residence in an area with ongoing community spread of COVID-19; close contact with someone who has COVID-19—such as when a family member or health care worker takes care of an infected person
- **Complications can include:** pneumonia in both lungs, organ failure, death
- If you develop a fever, cough, and have difficulty breathing, seek medical care by calling your primary care physician, or telemedical communication facility online to report your symptoms and follow the medical health professional recommendations. If symptoms worsen, go to the emergency room.

# Universal Precautions—COVID-19 (Coronavirus) Prevention

- Avoid large events and mass gatherings
- Avoid close contact (about 6ft) with anyone who is sick or has symptoms
- Keep distance between yourself and others if COVID-19 is spreading in your community, especially if you have a higher risk of serious illness
- Follow handwashing techniques using soap & water for at least 20 seconds, or use an alcohol based hand sanitizer that contains at least 60% alcohol
- Cover your mouth and nose with elbow or a tissue when you cough or sneeze; throw away the used tissue
- Avoid touching your eyes, nose, and mouth if your hands aren't clean
- CDC recommend wearing a face mask covering to protect yourself from respiratory illnesses including COVID-19
- **It's important to continue wearing a covering over the mouth and nose to reduce/eliminate possible exposure to COVID-19 or any other infectious disease**

# Universal Precautions—COVID-19 (Coronavirus)

## Exposure

- **How to Get a Tested to Determine Exposure**

- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first
- If you have symptoms of COVID-19 and choose to not get tested, it is important to stay home. If you have a fever cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your health provider and:
  - Keep track of your symptoms
  - If you have an emergency warning sign (including trouble breathing), get emergency medical care
  - The most common symptoms to watch for:
    - ✓ Fever
    - ✓ Cough
    - ✓ Headaches
    - ✓ Fatigue
    - ✓ Muscle or body aches
    - ✓ Loss of taste or smell
    - ✓ Sore throat
    - ✓ Nausea
    - ✓ Diarrhea

- **It's important to continue wearing a covering over the mouth and nose to reduce/eliminate the possible exposure to COVID-19 or any other infectious disease.**

# Universal Precautions—COVID-19 (Coronavirus) Quarantine

- Stay home from work school, or public areas if you're sick, unless you're going to get medical care. Avoid taking public transportation if you're sick
- Avoid sharing dishes, glasses, bedding, and other household items if you are sick
- Clean and disinfect surfaces you often touch on a daily basis
- Isolate yourself from other members of your family to prevent spread to them and the people that they may have contact with
- Keep track of your symptoms; if symptoms worsen, immediately get emergency medical care
- **It's important to continue wearing a covering over the mouth and nose to reduce/eliminate the possible exposure to COVID-19 or any other infectious disease.**

# Universal Precautions—COVID-19 (Coronavirus)

## Quarantine-continued

- CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives:
  - Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring
  - When diagnostic testing resources are sufficient and available then quarantine can end after **Day 7** if the diagnostic specimen tests **negative** and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within **48** hours before the time of planned quarantine discontinuation, but quarantine cannot be discontinued earlier than after **Day 7**
  - In both cases, continued symptom monitoring and masking through **Day 14** must be met
- **It's important to continue wearing a covering over the mouth and nose to reduce/eliminate the possible exposure to COVID-19 or any other infectious disease.**

# Universal Precautions—COVID-19 (Coronavirus)

## Caring for Someone in their Home

- **Before entering the resident's/client's home, you should**
  - Wearing a face covering (mask and face shield or just a mask over your nose and mouth)
- **Once in the resident's/client's home**
  - Immediately wash hands for 20 seconds with soap and water, then dry hands thoroughly
  - Use PPE (Personal Protective Equipment) while covering a shift. Ex. gloves, mask, hand sanitizer, etc.
  - Make sure the person who is sick is wearing a mask or face shield when around you or other people to help prevent
- **Provide Support**
  - Help the person who is sick with daily activities of living such as grocery shopping, preparing meals and ensuring drinking of lots of fluids as well as taking medications as prescribed, sanitizing all surfaces, doing laundry and other household cleaning chores.
- **Watch for Warning Signs to Seek Medical Attention**
  - Have the doctor's phone number on hand to call the doctor if the person keeps getting sicker
  - Call 911 if doctor is unavailable and report to the dispatcher that the person has or might have COVID-19
- **It's important to continue wearing a covering over the mouth and nose to reduce/eliminate the possible exposure to COVID-19 or any other infectious disease.**

# Universal Precautions

## Body Fluids requiring Universal Precautions

- Blood
- Any body fluid with visible blood
- Wound secretions
- Vaginal secretions and semen





# Universal Precautions

## Body Fluids which DO NOT Require Universal Precautions

- Urine
- Feces or stool (with no visible blood)
- Sputum/mucous (with no visible blood)
- Vomit (with no visible blood)
- Sweat
- Tears

# Universal Precautions

## Protective Gloves

- Gloves of latex, vinyl or other non-allergenic mater **MUST** be worn by staff when performing tasks which involve handling blood or body fluids
- Gloves must be removed and discarded after each use
- Remove gloves by “peeling them down” without touching the outside of the glove, ball them up and throw away; then wash your hands

# Universal Precautions

## Open Wounds or Cuts

- Any open cuts, scratches or sores must be kept covered, unless specified by a doctor; and protected from coming into contact with others
- Staff with cuts or skin irritations on their hands are to keep them covered with gloves when coming in contact with any body fluids

# Universal Precautions Handwashing

- At the start of the workday or start of day at home
- When soiled
- Before contact with food
- After toileting or using toilet facilities or assisting with personal hygiene
- After coming into contact with any potential infectious material, “even if gloves are worn”
- After handling or feeding pets
- After working or playing outside

# Universal Precautions Handwashing Procedures

- Use liquid or pump foam soap
- Rub hands together fast under warm to hot (at least 73.4° Fahrenheit) running water for 20 seconds, between fingers and under nails
- Rinse
- Use paper towel to turn off faucet after drying your hands

# Universal Precautions

## Exposure Incidents/Managing Exposure Incidents

- **Exposure Incidents:**
  - An exposure incident involves blood coming in physical contact with another person through a cut, puncture, or other non-intact skin or by means of a splash to the eyes, mouth or other mucous membrane
  - This includes: Staff to Staff, Individual to Individual, Staff to Individual and Individual to Staff
- **Managing Exposure Incidents:**
  - Immediately wash hands and other skin surfaces that are contaminated
  - Mucous membranes or eyes must be flushed with clear water
  - Allow puncture wounds to bleed for a short period before washing will help clean the wound from inside
  - All exposure incidents must be reported to your immediate supervisor or the On-Call supervisor as soon as it is safe to do so

# REFERENCES

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