

Routine Practices

- A system of practices that help prevent and control the transmission of microorganisms
- Based on assumption that ALL clients are potentially infectious, even when they have no signs of infection
- Protects both the client and the worker
- To be practised in all settings where personal services are provided
- Being aware of the potential risk in the transmission of infection or cross-contamination with services offered

A person can spread germs even if they don't know they have them

To be used with all clients during all service delivery and include:

Hand Hygiene (refer to *Handwashing* and *Hand Sanitizer* posters)

- Should be performed before touching client or any equipment/supplies:
 - ✓ between clients
 - ✓ before performing procedures
 - ✓ after contact with blood, bodily fluids, mucous membranes, secretions and excretions
 - ✓ after contact with contaminated equipment/instruments
 - ✓ before putting on and after removing gloves
 - ✓ between procedures on the same client in which soiling of hands is likely, to avoid cross-contamination of body sites

Hands must be washed when hands are visibly soiled

Gloves (not a substitute for hand hygiene)

- Should be worn:
 - ✓ for contact with blood, bodily fluids, secretions, excretions, mucous membranes, or non-intact skin
 - ✓ when handling items visibly soiled with blood, body fluids, secretions, and excretions
 - ✓ when the worker has non-intact skin on the hands
 - ✓ for all invasive procedures (i.e., tattooing, ear piercing, etc.)
- Changed between procedures with the same client and between clients
- Single-use disposable gloves should not be reused or washed

Face Protection & Gowns

- Worn when there might be splashes or sprays of blood, bodily fluids, excretions, and/or secretions during procedures
- Protects mucous membranes (eyes, nose, and mouth) and uncovered skin
- Prevents soiling of clothing

Equipment (articles that touch the client's intact skin must be clean)

- Equipment used for more than one client must be cleaned and disinfected or sterilized as appropriate between clients
- Soiled client equipment is properly handled to prevent exposure to skin and mucous membranes as well as contamination of clothing and the environment



Durham Health Connection Line

905-668-2020 or 1-800-841-2729
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