

## Other sources of infection prevention and control information:

Public Health England

[www.gov.uk/topic/health-protection/infectious-diseases](http://www.gov.uk/topic/health-protection/infectious-diseases)

NHS England and NHS Improvement

[https://improvement.nhs.uk/documents/4957/National\\_policy\\_on\\_hand\\_hygiene\\_and\\_PPE\\_2.pdf](https://improvement.nhs.uk/documents/4957/National_policy_on_hand_hygiene_and_PPE_2.pdf)

Norovirus Toolkit

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/322943/Guidance\\_for\\_managing\\_norovirus\\_outbreaks\\_in\\_healthcare\\_settings.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/322943/Guidance_for_managing_norovirus_outbreaks_in_healthcare_settings.pdf)

Respiratory/Influenza–Like Illness

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/747543/Influenza-like\\_illness\\_in\\_care\\_home\\_2018\\_FINAL.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/747543/Influenza-like_illness_in_care_home_2018_FINAL.pdf)

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# Infection Prevention and Control Standard Precautions

Information for staff working in  
Care Homes and Domiciliary Care



## Reducing the Risk of Infection

Infection Prevention and Control is everybody's business and we can all play a part in reducing the risk of infection to our clients, ourselves, relatives, colleagues and visitors. This leaflet has been produced to offer general advice for staff working in care homes and domiciliary care.

## Hand Hygiene

All healthcare staff, must be **'Bare Below the Elbows'**, items such as nail varnish, false nails, stoned rings, hand/wrist jewellery/watches, fitness trackers and long sleeves can harbour micro-organisms and prevent hand hygiene from being performed adequately.

### When to carry out hand hygiene:

Hands must be washed with soap and water when visibly soiled.

Alcohol hand gel can be used on visually clean hands.

- On entering the care home/client's home
- Before and after direct contact with a client
- Before and after handling food
- Before handling medicines
- Before handling invasive devices e.g. catheters, PEG
- Before donning and after removing personal protective equipment

### Alcohol hand gel must not be used for the following:

- After contact with blood and bodily fluids
- After using the toilet
- After cleaning the environment / client equipment

## Personal Protective Equipment (PPE)

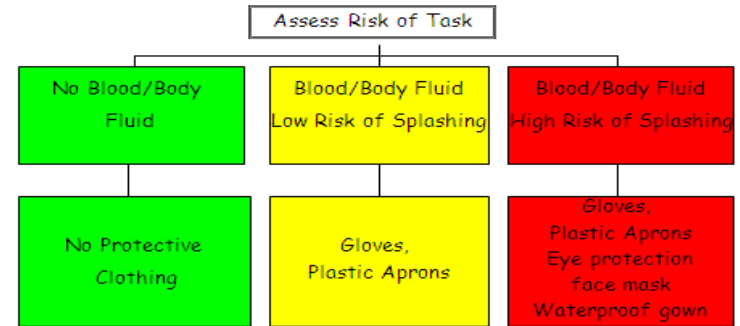
The aim of wearing personal protective equipment (PPE):

- To protect the health care worker from exposure to blood and body fluids.

### Types of PPE which may be required:

- Single use disposable aprons/gowns
- Single use disposable gloves
- Eye protection - goggles/face visors
- Face protection - fluid resistant face masks

## PPE should be worn following Risk Assessment:



### If a client is known to have a gastrointestinal or respiratory infection:

Disposable single use gloves and aprons will usually be sufficient, unless otherwise advised.

### NEVER:

- Arrive nor leave a client's room or house wearing PPE
- Double glove
- Reuse single use PPE
- Put gloves, aprons or bags in your pockets

## Environmental and Equipment Cleaning

General purpose detergent is sufficient.

### Known infection

After cleaning with general purpose detergent, a chlorine-based disinfectant e.g. Bleach or Milton should be used with a solution of 1:1,000 ppm chlorine (read instructions on label on how to dilute).

## Waste

### Care homes

Infectious/soiled waste should be placed in clinical waste bags.

### Clients own home

Infectious/soiled to be double bagged and placed in the general black bag waste stream, unless otherwise advised.