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Golden rules of infection control

Simple steps that ALL STAFF MUST follow at all times

- 1. HANDWASHING/ALCOHOL HAND RUB** Before and after every direct patient care contact and after any activity or contact where hands could be contaminated. Soap and water **must** be used for dirty hands. Finger nails should be short with no nail polish or false nails. Wrist watches and stoned rings should not be worn as they impede hand washing.
- 2. APRONS** To be worn if staff clothing may come into contact with blood, body fluids, the contaminated environment and when entering an isolation room.
- 3. GLOVES ONLY** for invasive procedures, contact with sterile sites, non- intact skin and mucous membranes. All activities that carry a risk of exposure to blood, body fluids, secretions and excretions. Hand washing/ alcohol hand rub **MUST** be used after removal of gloves.
- 4. CHANGE GLOVES (after individual tasks) AND APRONS BETWEEN EACH PATIENT.**
- 5. PATIENTS IN ISOLATION ("Barrier nursing")** Remove jacket/ white coat before entering side room/ bay. Put on a yellow apron regardless of activity and use alcohol hand rub. Before leaving room, remove any gloves, then your apron, and then wash hands/ use alcohol hand rub.
VISITORS must put on a yellow apron and use alcohol gel/ wash hands before and after seeing relatives in isolation.
- 6. PATIENT EQUIPMENT** e.g. stethoscopes must be cleaned following each and every patient use using either soap and water or **detergent wipes**.

These simple rules cannot cover everything, further details are in the Trust Policies. **IF IN DOUBT, ASK THE INFECTION CONTROL TEAM.**

