



## Standard and Transmission Based Precautions

**Standard Precautions** replaced Universal Precautions and are taken with **ALL** patients, **ALL** of the time, **REGARDLESS** of diagnosis.

**Key Points include:**

- Wear gloves whenever contact with blood or body fluids is anticipated.
- Change gloves when changing tasks and procedures on the same patient.
- Wear gowns, masks and eye protection if splashing of body fluids is likely.
- Never recap used needles; use the sharps containers that are available.
- Anything that is saturated with blood or body fluids is considered medical waste and is to be disposed of in the garbage cans with the red plastic liners.
- Wash hands for 15-20 seconds before eating, after using the restroom and whenever hands are visibly soiled. Alcohol based hand rubs can be used in all other clinical situations.

**Transmission Based Precautions** are used in addition to Standard Precautions and are extra precautions taken with patients who have highly contagious or dangerous diseases. There are three categories:

**Airborne Precautions:** taken for diseases that are transmitted through the air. Wear approved respiratory protection and place patient in appropriate isolation room. Examples include: Tuberculosis, Rubeola and Varicella.

**Droplet Precautions:** taken for diseases that are transmitted short distances by large droplets. Coughing, talking and suctioning spread these droplets. Isolate patient and wear a mask. Examples include Neisseria Meningitis, Pertussis and Rubella.

**Contact Precautions:** taken for diseases that can be transmitted by physical contact with the patient's skin or with items in the room. Wear gloves, gowns and masks as appropriate. Examples include Multi-drug resistant bacteria such as MRSA, VRE and C. Difficile.

### *After a Needle Stick, Splash or other Body Fluid Exposure...*

1. Decontaminate skin: wash with soap and water.
2. Decontaminate eyes, nose or mouth: rinse with water or saline.
3. Report to supervisor: complete an Employee Injury/Incident Report.
4. Contact:
  - Employee Health (Monday-Friday, 7am-4pm)
  - Emergency Dept. (evenings, nights, weekends & holidays)
5. Follow up with Employee Health