



# INFECTION PREVENTION & CONTROL

MARCH 2020



**Aloha and thank you for joining us in today's webinar on Infection Prevention and Control.**

**We know many businesses are closed due to the most recent state orders. But for those businesses that are still operating, we wanted to make sure we continue to provide you with important and relevant information.**

**You may also find that when your business resumes full operation, this information can help you re-establish a safe workplace.**

# WE'RE HERE FOR YOU

We're your HR partner, especially in times like these.



Find up to date resources on our Employers Guide to Coronavirus  
<https://www.proservice.com/employers-guide-coronavirus/>



Email or call our COVID-19 hotline for real-time help  
[covid19@proservice.com](mailto:covid19@proservice.com) and (808) 564-5555



Access virtual training resources for you and your team  
[https://www.proservice.com/events/?event\\_type=on\\_demand](https://www.proservice.com/events/?event_type=on_demand)



Reach out to our HR & Safety training teams directly  
[hrtraining@proservice.com](mailto:hrtraining@proservice.com) and [safety.training@proservice.com](mailto:safety.training@proservice.com)

Mahalo for your partnership 



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Safety Training & Development Specialist

## Experience:

25+ years in construction & electrical safety; healthcare

## Interests:

Traveling the world, rock hound (crystal collector), aspiring harpist, Knight Templar

## What I love about my job:

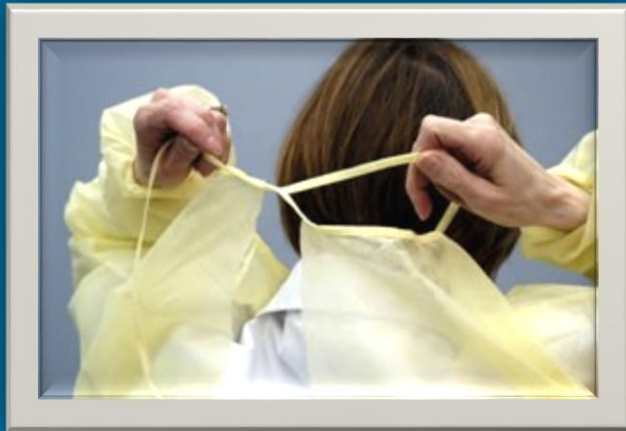
Serving the community through education and being a part of a fantastic team!





# OBJECTIVE:

To prevent the transmission of infections through proper use of Personal Protective Equipment (PPE) and other methods...





# AGENDA

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## TOPICS FOR DISCUSSION:

1. Definition of infection
2. Ports of entry and exit
3. Preventing infection:
  - a. Cough etiquette
  - b. Separation / distancing
  - c. Hand hygiene
  - d. Personal protective equipment (PPE) – masks, gloves, gowns
  - e. Order of Removal of PPE





# DID YOU KNOW...

Infections are the leading cause of deaths in medical facilities.



The Center for Disease Control & Prevention (CDC) estimates that there are over 2 million PREVENTABLE infections annually, leading to 90,000 unnecessary deaths in hospitals across the country.



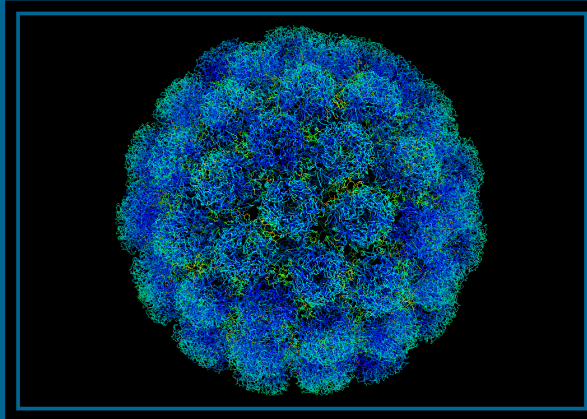
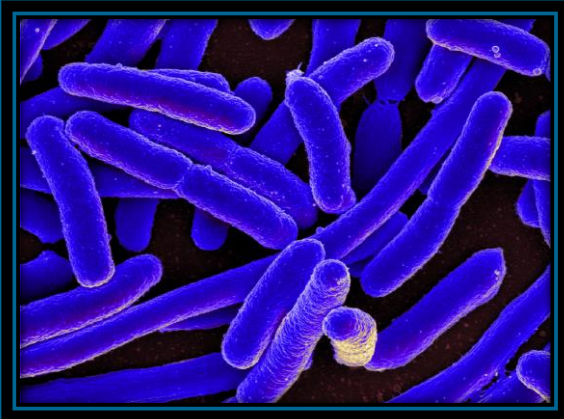


# WHAT IS AN INFECTION?





Simply put: *“An infection is a disease caused by a **bacteria, virus or fungus** (aka microorganisms) that gets inside your body.”*



These deadly microorganisms are among the earliest known life forms on the planet and can cause widespread panic, sickness and death.





# PORTS OF ENTRY & EXIT

## TRANSMISSION OF INFECTIONS

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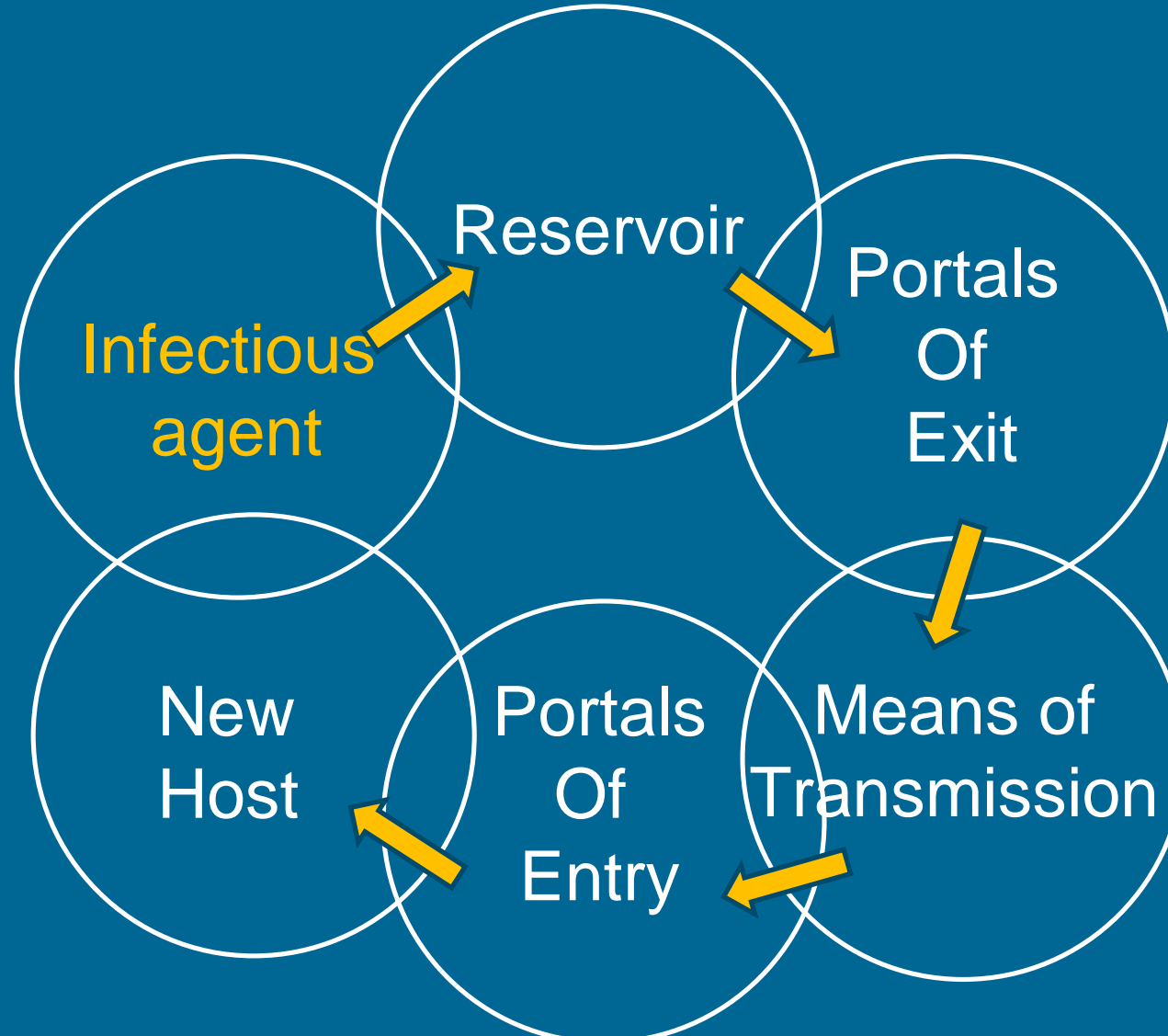
So, how does an infection get inside us and passed on to someone else?

Let's review the six links of the Chain of Infection



# The Chain of Infection – Six Links

And it begins...





**Infectious Agents** - bacteria, virus, fungus, parasites

**Reservoirs** - people, water, food or surfaces

**Portals of Exit** - blood, secretions (enzymes), excretions (sweat, tears, going to the bathroom) and the skin

**Means of Transmission** - physical contact, droplets, airborne

**Portals of Entry** - mucous membrane, respiratory system, digestive system, cuts in the skin

**New Host** - an individual's condition may contribute to the severity of the disease, such as a compromised immune system, due to diabetes, dialysis, cancer, burns, surgery, etc. Age also plays an important factor - seniors being the most vulnerable



# PREVENTING INFECTIONS

## FOUR PRECAUTIONS FOR CLOSE CONTACT



Next we will discuss cough etiquette, social distancing, hand hygiene and personal protective equipment (PPE)





# Cough Etiquette

There are some things are not meant to be shared!





## Cough Etiquette:

Did you know that the average uncovered sneeze sends germs (in the form of droplets) about six feet according to the Centers for Disease Control and Prevention? Wear a mask if you have one.

Wear a mask if you have one. If you don't have a mask, sneeze or cough into your sleeve or cover your mouth with a tissue or scarf. This helps prevent infectious respiratory droplets from being inhaled by others who are near, thereby transmitting the infection to them.

Wash clothes, bed linen and scarves that have been in contact with an ill person. If you cough into your hands, wash your hands immediately with soap and water. If soap and water is not available, use a hand sanitizer.

Prevention is the best protection!

# Social Distancing



## Social Distancing:

It is strongly advised to maintain at least six feet between people – whether well or sick.

This is especially important regarding the coronavirus or COVID-19. If someone is infected, you won't know for sure until after 14 days. This is how long it takes for the symptoms to surface. Whether standing in line at grocery store or in the bank, it is best to err on the side of safety.

If you are home, separate the sick person from those who are well. If possible, designate one individual to take care of the sick person. This role can be rotated to someone else every four hours. Limit close contact between the ill person and family members.



# Hand Hygiene – 7 steps for handwashing



**Always** wash your hands before touching food to feed yourself or others; after coughing or sneezing into your hands; touching an ill person or their bed linens, clothes and utensils; before and after preparing food; after using the bathroom and after removing masks or gloves.

To properly wash your hands, wet them thoroughly with water & apply soap to cover all surfaces. You should scrub your hands for at least 20 seconds – about the same amount of time it would take to sing the “Happy Birthday” song twice.

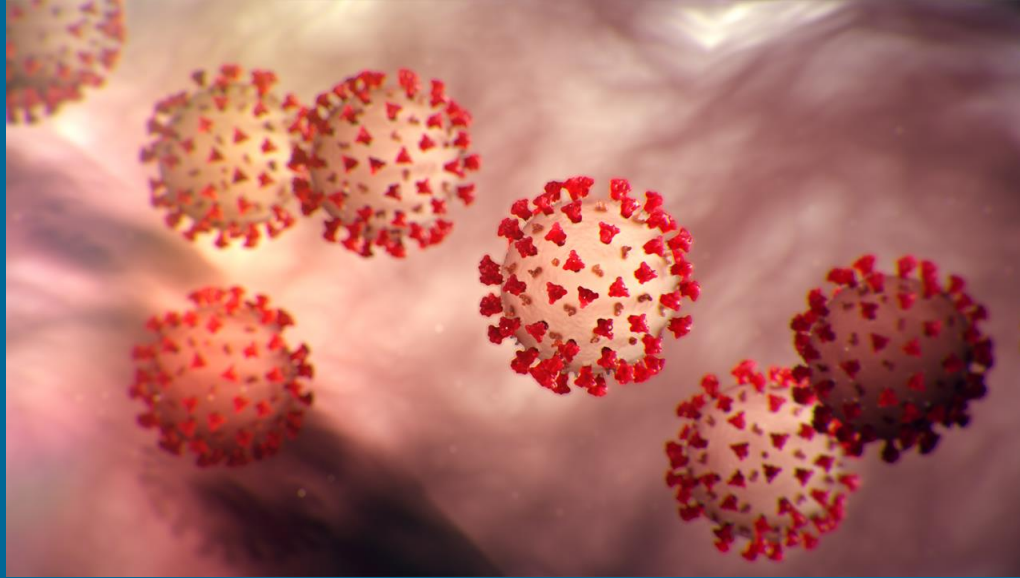




- 1 - Rub your palms together
- 2 - Rub the back of both hands
- 3 - Interlace fingers and rub the hands together
- 4 - Interlock fingers and rub the back of the fingers of both hands
- 5 - Rub thumb in a rotating manner followed by the area between index finger & thumb
- 6 - Rub fingertips on palm for both hands
- 7 - Rub both wrists in a rotating manner

Rinse with water and dry thoroughly with a single-use towel. Use the towel to turn off the faucet.





# Soap & water are most effective against the coronavirus.

If soap and water are not available, use an alcohol-based hand sanitizer that contains between 60 – 95% alcohol. This level of alcohol concentration is very effective in killing germs. Anything less would reduce their growth but not eliminate them. Do not use a hand sanitizer if your hands are badly soiled as it will not work well. Use soap and water. Also, the water doesn't need to be hot. It's all about the soap!



# Personable Protective Equipment

What to wear...

Masks



Gowns



Gloves





# MASKS



Use when caring for those that have been diagnosed or are suspected to have an airborne infectious disease, such as COVID-19. Masks should be thrown away (or scarves removed and washed) when leaving the area of the sick person **OR** every four hours **OR** when the mask is wet or visibly soiled. After disposing or removing masks and scarves, wash your hands immediately.





**Putting On:** Cup the mask in your hand with the nosepiece at your fingertips; headbands will hang freely below your hand. Sometimes there will be ties instead of headbands. Position the mask under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears. Place fingertips of both hands at the top of the metal nosepiece and mold to the shape of your nose (do not pinch.)

**Taking Off:** Do NOT touch the mask itself. Lift the bottom elastic over your head first. Then lift off the top elastic. If there are no elastics, simply untie. Discard and immediately wash your hands.

# GOWNS



A new gown should be worn for every sick person you come in contact with. The cuff of the sleeves should be tucked into the gloves. Discard the gown immediately if visibly contaminated. If supplies are limited, please follow the guidelines set forth by your administration.

**Removing Gowns:** Unfasten the ties and peel the gown away from the neck and shoulders. Turn the contaminated outside toward the inside. Fold or roll into a bundle and discard appropriately.



# GLOVES





Gloves should be worn if: you anticipate having contact with blood and body fluids; before touching the ill person; before performing any cleaning; before handling soiled linen, waste or lab specimens. Avoid touching your face or mask or adjusting PPE with contaminated gloves. Gloves must be disposed of after each use. If in a medical setting, dispose of gloves before exiting the patient's room. This would also hold true for gowns and masks. If you are at home, have a waste basket inside the sick person's room where you can remove your mask, gloves and gown before leaving the area. On a similar note, have a supply of clean gloves, masks and gowns outside the ill person's room so you can put on the PPE before entering.

**Remember:** gloves are never a substitute for hand hygiene. Hands should always be washed after disposing of gloves.

**Removing Gloves:** Grasp the outside edge near the wrist and peel away from the hand, turning the glove inside-out. Hold in the opposite gloved hand. Slide ungloved finger under the wrist of the remaining glove. Peel off from inside, creating a bag for both gloves. Discard appropriately.

## Removing PPE

Removing your personal protective equipment in this order prevents any cross contamination – to yourself or the environment: gown, gloves - then wash your hands or use an alcohol disinfectant, mask WITHOUT touching the front part - then wash your hands or use alcohol disinfectant

Click on the link below to view a PPE poster from the Center for Disease Control and Prevention (CDC) which demonstrates putting on (donning) and taking off (doffing) personal protective equipment.

<https://www.cdc.gov/HAI/pdfs/ppe/ppeposter148.pdf>





Knowledge alone is useless in the fight against infection. We must take action to maintain a safe environment for everyone.

For more information on Infection Prevention and Control and COVID-19, please visit these additional websites:

<https://osha.gov/SLTC/covid-19/>

<https://www.cdc.gov>

<https://www.mayoclinichealthsystem.org/covid19>

<https://www.who.int>





# We appreciate your feedback!

**Please complete our survey:**

1. Open the camera app on your smart phone
2. Point the camera towards this QR Code →
3. A link will pop-up on your screen (no need to take a picture!)
4. Tap on the link to access and complete our survey.

[www.surveymonkey.com/r/PSH2020Training](https://www.surveymonkey.com/r/PSH2020Training)





Thank you for joining us!

Be Safe  
&  
Make Smart Choices

*"A hui hou kakou, malama pono!"*  
Until we meet again, take good care!

