

Topic	Standard Precautions: Adult Family Homes
<p>To help prevent the spread of infection, use standard precautions for all resident care.</p>	
<p>Hand Hygiene</p>	<p>Wash your hands with soap and water for 20 seconds or use alcohol-based hand rub (ABHR) until your hands are dry.</p>
	<p>Use soap and water if you see dirt or body fluids on your hands. Hand Hygiene Guidance Hand Hygiene CDC</p>
	<p>Keep ABHR, soap and water available for residents, staff, and visitors. Staff can assist residents if ABHR is unsafe to use on their own.</p>
<p>Respiratory Hygiene/Cough Etiquette</p>	<p>Tell people to cover their mouth and nose when they cough or sneeze. Use tissues once and throw them away in a no-touch garbage can. Cover Your Cough Poster Washington State Department of Health</p>
<p>PPE</p>	<p>Personal Protective Equipment (PPE): is used to protect you from getting other’s body fluids on you. You must keep enough PPE available for residents, staff, and visitors in the home to use if your residents become ill.</p>
	<p>Safety: Put on (Don) and remove (Doff) PPE safely to avoid personal contamination. PPE Donning/Doffing Sign or CDC Donning/Doffing Sign</p>
	<p>Gloves: Use gloves if you might touch blood, body fluids, the inside of someone’s mouth, open skin sores, and contaminated items.</p>
	<p>Gowns: Wear a gown if your clothes or skin can get blood or body fluids on them.</p>
	<p>Mask and Eye Protection: Use a mask and eye protection during resident-care activities that could create splashes or sprays of blood and body fluids.</p>
	<p>Respirators: Use N95 fit tested respirators for germs that are spread through the air. The resident’s healthcare provider or your local health department can tell you when this is necessary.</p>
<p>Resident Care Equipment and Environment</p>	<p>Clean and disinfect resident care equipment before and after each use and immediately if you see blood or body fluids, or dirt on resident care equipment. Use an EPA-registered disinfectant for cleaning resident equipment and rooms.</p>
	<p>Create a plan to clean and disinfect on a regular basis using an EPA-registered disinfectant. You may need to clean more often if a resident is ill.</p>
	<p>Know how to mix bleach safely. Cleaning and Disinfecting with Bleach CDC</p>
	<p>Glucometers are machines that measure blood sugar. If you use glucometers for residents, each resident should have their own glucometer. Personal glucometers can spread bloodborne pathogens to other residents. Personal glucometers can't be cleaned and disinfected properly. CDC Glucose Monitoring Infection Prevention</p>
<p>Laundry</p>	<p>Do not shake dirty laundry. Germs can spread to you and others this way. Wash heavily soiled (blood and body fluid) laundry separately. Use standard precautions when you touch dirty laundry.</p>
	<p>Wash and dry items according to the manufacturer’s instructions. Use the warmest temperature when possible.</p>

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Safe Injection Practices	Do not use needles or syringes for more than one resident. This includes prefilled syringes and other devices like insulin pens.	
	Use a new needle and syringe for medication containers each time. A new needle and syringe are required even for the same resident. One and Only Campaign Injection Safety CDC	
	Prepare injections in a clean area away from sinks and water sources.	
Needles and Other Sharps	Immediately put used sharp items, like needles, lancets, and razors into a puncture-resistant container. Sharps Disposal Containers FDA	
	Do not recap, bend, or break used needles.	
	Do not overfill any containers holding sharp items.	
Resident Placement	<p style="text-align: center;">Single Room</p> <p>Residents should have a single room (when possible) if they have:</p> <ul style="list-style-type: none"> • an illness that can easily spread to other people • lots of body fluids (like diarrhea or an open sore, for example) • a condition that makes it easy for them to become ill (immunocompromised) 	<p style="text-align: center;">Shared Room</p> <p>If a single room is not available for a resident who is sick, choose a roommate (when possible) who:</p> <ul style="list-style-type: none"> • is not immunocompromised • does not have an open sore or catheter • will stay in their own space
Staff Education	<p>Train staff on standard precautions including:</p> <ul style="list-style-type: none"> • Hand hygiene • Cough etiquette • Cleaning resident care equipment and environment 	<ul style="list-style-type: none"> • PPE use • Laundry • Safe sharps and injection practices • Resident placement
Outbreak Management	<p>Train staff on how to share outbreak information with your local health department, residents, staff, and family members and visitors. CDC Isolation Precautions</p>	
Respiratory Protection Program (RPP)	<p>The staff must complete a medical evaluation questionnaire before fit testing. The questionnaire is reviewed by a licensed healthcare professional. Train and fit test your staff at the time of hire and annually for N95 use. You must have the following items in your home:</p> <ul style="list-style-type: none"> • an up-to-date written Respiratory Protection Program • for each staff providing resident care, their current: fit test record medical evaluation letter of recommendation and record of training 	
Resources	<ul style="list-style-type: none"> • Infection Control Assessment and Response (ICAR) Washington State Department of Health • Project Firstline Washington State Department of Health • Four Steps to Food Safety CDC 	
<p>This is an educational document. Do not use it for regulatory purposes. If you have a regulatory question, please reach out to RCSPolicy@dshs.wa.gov or your Residential Care Services Field Manager</p>		

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