

What are Standard Precautions?

Standard Precautions are certain work practices that are used for infection prevention and control based on the assumption that all blood and body fluids are potentially infectious.

STANDARD PRECAUTIONS ARE ALWAYS FOLLOWED

Standard Precautions that are utilised at Monash House Private Hospital include:

- Hand hygiene (using the recommended 5 moments of hand hygiene)
- Respiratory hygiene and cough etiquette
- Proper cleaning of patient care equipment
- Use of Personal Protective Equipment (PPE)
- Safe use and disposal of sharps
- Proper use of aseptic technique when performing certain procedures such as IV cannulation
- Routine environmental cleaning
- Correct disposal of waste into correct bins
- Appropriate handling of linen



5 moments of Hand Hygiene

1. Before touching a patient
2. Before performing any procedures on a patient
3. After any body fluid exposure or risk
4. After touching a patient
5. After touching the patient's surroundings or equipment

You have the right to ask your healthcare worker "DID YOU WASH YOUR HANDS?" and we encourage you to do so!

Respiratory etiquette

1. Cover your mouth and nose when you cough or sneeze- use a tissue or cough into your elbow
2. Dispose of tissues immediately after use
3. Wash your hands- after coughing, sneezing or blowing your nose using soap and water or alcohol-based hand rub
4. If you have respiratory symptoms- STAY AT HOME!

ADDITIONAL PRECAUTIONS

Additional precautions are utilised as well as Standard Precaution for certain infectious diseases which is dependent on the mode of transmission (how the disease is spread). Modes of transmission are **Contact, Airborne and Droplet** transmission.

Mode of transmission	Airborne	Droplet	Contact
Description	Infectious aerosols that remain infectious over time and distance and can travel via ventilation and air conditioning systems. Examples: <ul style="list-style-type: none"> • Pulmonary Tuberculosis • Measles • Chickenpox 	Transmission of infectious droplets by being in close contact with a person (1 metre). Transfer of infection occurs from respiratory tract of an infected person to the mucosa of another person (such as the eyes, nasal passages or mouth). Examples: <ul style="list-style-type: none"> • Influenza • COVID-19 • Pertussis • Rubella 	Contact with blood or body fluids directly from an infected person or indirectly such as touching an object or surface that has been contaminated by an infected person. Examples: <ul style="list-style-type: none"> • Viral Gastroenteritis • Clostridium Difficile • MRSA • Scabies • Norovirus

INFECTION PREVENTION AND CONTROL MEASURES

Gloves	Same as standard precautions	Same as standard precautions	For all manual contact with patient, associated devices and immediate environmental surfaces
Impermeable apron/gown	Same as standard precautions	Same as standard precautions	When healthcare worker's clothing is in substantial contact with the patient, items in contact with the patient, and their immediate environment
P2 Respirator	Yes	Not required	Not required
Mask (surgical-style)	No (P2 respirator must be used)	Yes	Same as standard precautions
Goggles/face shield	Same as standard precautions	Same as standard precautions	Same as standard precautions
Standard single room with own ensuite	No (negative pressure ventilation required)	Yes, or cohort patients with same infection. Keep door closed	Yes, or cohort patients with same infection
Negative pressure ventilation room	Essential	No required	Not required