

## INFECTION CONTROL – AIRBORNE VIRUS (UNIVERSAL PRECAUTIONS) SOP

Standard Precautions assume that all people demonstrating flulike symptoms are potentially infectious and aim to prevent transmission of infections. Transmission of infection can be reduced by taking appropriate precautions.

### Management Commitment & Approval

- This **Viral Infection Control (Universal Precautions) SOP** has been approved and endorsed by AEPMA

### Precautions

**Avoid people experiencing fevers, sweats, chills or other flu-like symptoms.**



- All workers should be encouraged to practise frequent handwashing
- Where possible, stay at least one metre or more away from people who appear ill unless wearing appropriate PPE
- Maintain good respiratory (cough) etiquette, i.e. cover mouth with elbow and do not cough onto people, objects or into open air
- Avoid touching, kissing, and hugging others if at risk
- Undertake appropriate cleaning and disinfection activities
- Promote the use of appropriate PPE for workers if close contact with an ill person is likely.

### Hazards - What can cause harm?

- ⚠ Exposure to a virus that can affect the health of people.

### May lead to:

- ⚠ Pneumonia
- ⚠ Bronchiolitis
- ⚠ Meningitis
- ⚠ Encephalitis
- ⚠ Fatality.

### Factors that may lead to harm

- ⚠ Poor hygiene practices
- ⚠ Contaminated clothes and dressings
- ⚠ In the vicinity of those with a viral infection.

### Cleaning equipment and other items

- All potentially infected items must be thoroughly cleaned before use
- Cleaning items that can be immersed in water:
  - Dismantle items and rinse in warm water
  - Wearing heavy-duty gloves, thoroughly scrub with hot water and soap or detergent
  - Rinse in hot water (not less than 70°C) and allow to dry
- Cleaning items that cannot be immersed in water: e.g. electrical equipment:
  - Wear heavy-duty gloves
  - Clean with a clean cotton pad saturated with 70% w/w ethyl alcohol
  - Allow airing to dry

### Personal Protective Equipment (PPE)



### Symptoms may present as:

- ⚠ Fevers
- ⚠ Cough
- ⚠ Sneezing
- ⚠ Vomiting
- ⚠ Fatigue
- ⚠ Headaches
- ⚠ Sore throat
- ⚠ Runny nose or respiratory distress.

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### Worker hygiene:

- Workers must maintain good personal hygiene at all times
- All disposable PPE must be changed after each use
- Disposable PPE must never be washed or re-used

Dispose of all cloths, paper towels and disposable PPE associated into a bin and wash hands thoroughly after.

### Hand Hygiene - Ensure hands are washed:

- Before any work is undertaken
- Before putting on and after removing gloves
- After any activities, which may cause contamination of the hands and forearms, e.g. using the toilet
- After leaving an area and then returning to resume works
- In any other circumstances when infection risks are apparent.

### How to wash hands:

- Remove all wrist and hand jewellery and watches
- Wet hands
- Using liquid antibacterial soap with running water, vigorously wash hands for a minimum of 20 seconds
- Ensure all areas are washed including the back of hands and between fingers
- Rinse with water
- Dry thoroughly with single-use material, e.g. disposable paper towel
- If manual taps are used, use a paper towel to turn off the tap to avoid recontamination.



### Infection control procedures:

- Regularly washing the floors, bathrooms and surfaces (such as tables and benchtops) with hot water and detergent
- Periodically washing the walls and ceilings
- Thoroughly washing and drying mops, brushes and cloths after every use – drying mops and cloths is particularly important, since many pathogens rely on moisture to thrive
- Using disinfectants to clean up blood and other spills of bodily fluids
- When using disinfectants – always wearing gloves, cleaning the surfaces before using the disinfectant, and always following the manufacturer's instructions exactly
- Conduct spot cleaning when necessary.

### If a person develops mild symptoms:

- Request they stay at home and away from the workplace and public areas
- If already at work, isolate the person in a single room away from others before sending either home or to a medical facility.
- Call the usual doctor or local hospital and seek medical advice.

***If experiencing serious symptoms such as shortness of breath: seek immediate medical attention by calling 000.***

