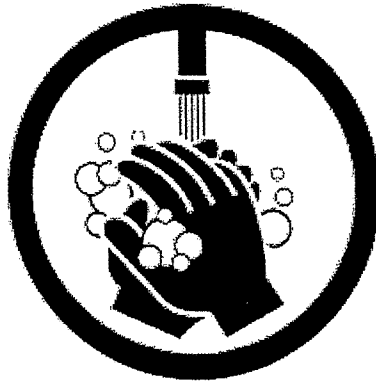


Infection Control & Fire Safety



EAST CENTRAL MENTAL HEALTH
WALTERS STREET CRISIS RESIDENTIAL FACILITY

Infection Control

Universal Precautions includes:

*Good Hygiene

*Wash hands and exposed skin carefully with soap and water after exposure.

*Flush eyes, nose, or mouth with water ASAP after contact with blood or possibly infected materials.

DO NOT eat, drink, smoke, apply cosmetics, or handle contact lenses in areas that could contain infectious materials.

Practice Good overall Hygiene

Do **NOT** share personal items with others, including:

- Razors
- Soaps
- Toothbrushes
- Towels
- Food or drinks
- Deodorants or other personal care items
- Cosmetics
- Nail clippers

Hand Hygiene

Handwashing is the single most effective way to prevent the spread of infections.

The purpose of handwashing is to remove contaminants (GERMS) that we have acquired on the surface of our skin.

When to wash hands:

- ✓ Before, during, and after preparing food
- ✓ Before eating food
- ✓ Before and after caring for someone who is sick
- ✓ Before and after treating a cut or wound
- ✓ After using the toilet
- ✓ After changing diapers or cleaning up a child who has used the toilet
- ✓ After blowing your nose, coughing, or sneezing
- ✓ After touching an animal, animal feed, or animal waste
- ✓ After handling pet food or pet treats
- ✓ After touching garbage

How to WASH Your Hands

STEP 1: Wet your hands with clean, running water (warm or cold), apply soap.

STEP 2: Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

STEP 3: Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

STEP 4: Rinse your hands well under clean, running water.

STEP 5: Dry your hands using a clean towel or air dry them.

Hand Sanitizer



Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **NOT** eliminate all types of germs and might not remove harmful chemicals.

Hand sanitizers are NOT as effective when hands are visibly dirty.

Using Hand Sanitizers:

- ✓ Apply the product to the palm of one hand.
- ✓ Rub your hands together.
- ✓ Rub the product over all surfaces of your hands and fingers until your hands are dry.

Fire Safety

Fire results from combining fuel, oxygen, and heat.

*Fuel – paper, wood, flammable substances, such as gasoline

*Oxygen – a gas present in the air

*Heat – flame, electricity, friction, spark, chemical reaction

TO PREVENT FIRES: KEEP FUEL, OXYGEN, AND HEAT FROM COMING TOGETHER.

Practice good housekeeping to keep fuel away from heat:

- ✓ Dispose of waste promptly and properly
- ✓ Keep areas free of dust and lint
- ✓ Change A/C filters and clean vents frequently
- ✓ Use and maintain electrical equipment properly

**Electrical equipment causes the largest number of fires in home and work places.

Don't use appliances with frayed or worn wires or insulation

Don't overload outlets

Avoid exposing fuels to heat sources

Smoke only in permitted areas. Put out cigarettes carefully.

IN CASE OF FIRE, KEEP ROUTES CLEAR FOR FIREFIGHTING AND FIRE EVACUATION.

DON'T BLOCK EXITS, FIRE ALARMS, AISLES, OR SPRINKLERS

Preparing for Viral Infections (Flu, Corona Virus, etc.)

1. Practice cough and sneeze etiquette.
When coughing and/or sneezing:
 - a. Stay at least 3 feet away from other people
 - b. Cover your mouth and nose with tissue, throw tissue away
 - c. Use your upper sleeve if you do not have a tissue (not your hand)
 - d. Always wash your hands right away afterward
2. Personal hygiene and keeping things clean are great ways to help yourself and others stay healthy.
 - a. Washing hands is very important
 - b. Disinfect shared objects and common areas
 - c. Don't share personal items
3. Simple Hand Washing Steps
 - a. Wet hands with warm water
 - b. Lather up both hands with soap
 - c. Scrub hands together for at least 20 seconds (sing Happy Birthday)
 - d. Rinse hands thoroughly
 - e. Dry hands completely

Note: Alcohol-based hand sanitizers can substitute for soap and water.

4. Get a Yearly Flu Shot!
 - a. Helps protect against the flu for that season
 - b. Get the shot early in the season – in October or November
 - c. Recommended for people at high risk
 - Adults 50 and older
 - Children 6 – 23 months old
 - People with long-term conditions (diabetes)
 - Women who will be pregnant during flu season
 - People with weakened immune systems (HIV)
 - People living in nursing homes or long-term care facilities
 - d. Side effects of a shot are usually mild
 - e. A nasal spray vaccine may be available

5. Treatment for Seasonal Flu May Include:
 - a. Staying home to avoid spreading it to others
 - b. Taking antiviral medication & follow doctor's orders
 - c. Drinking lots of fluids
 - d. Getting plenty of rest
 - e. Taking fever reducer

6. Home Care for Others with the FLU
 - a. Keep the person away from others
 - b. Follow health-care provider instructions
 - c. Give medications if prescribed and available
 - d. Throw away used tissues immediately
 - e. Wash or sanitize your hands often
 - f. Avoid holding soiled laundry too closely

If you have a fever, diarrhea or vomiting, stay home from work.