



COVID-19 (March 2020) Infection Prevention and Control Best Practices

The goal of infection prevention and control is to provide services and supports in a manner that reduces the risk of transmission of microorganisms to our individual's and staff. Service should be provided in a manner that prevents disease transmission. Infection prevention practices must be tailored to the services being provided.

GLOSSARY

Bacteria:

A single -cell micro-organism that can cause disease in plants, animals or humans.

Virus:

A small infectious agent, too small to be seen without a microscope, that causes infectious disease in people, animals, and plants (eg. influenza virus, COVID-19 virus). It is able to only multiple within the living cells of a host.

Blood-borne infections:

Infections (e.g., HIV, HBV, HCV infections) spread primarily through contaminated blood into the blood stream.

Body fluid:

Human body fluids include such things as blood, semen, saliva, sputum and body tissue. Persons who come into contact with human body fluids may be exposed to a number of potential health risks. Of particular concern are HBV, HCV and HIV.

Non-critical equipment/device:

Equipment/devices that either touch only intact skin (but not mucous membranes) or does not directly touch the individual. Reprocessing of non-critical equipment/devices involves cleaning and may also require low-level disinfection.

Semi critical equipment/device:

Equipment/device that comes in contact with non-intact skin or mucous membranes but ordinarily does not penetrate them. Reprocessing semi-critical equipment/devices involves meticulous cleaning followed by, at a minimum, intermediate level disinfection.



Cleaning:

The physical removal of organic matter or debris from objects, usually done using water, detergent and friction. This process removes microorganisms primarily by mechanical action but does not destroy those remaining on the object.

Contamination:

The presence of an infectious agent on a surface such as clothes, instruments, dressings or other inanimate articles or substances including water.

Cross-contamination:

The transfer of an infectious agent from a contaminated source to a non-contaminated source.

Disinfectant:

A substance used on inanimate objects that destroys bacteria, fungi, viruses and some bacterial spores.

Disinfection:

A process that kills or destroys most disease-producing micro-organisms, with the exception of high numbers of bacterial spores. There are different levels of disinfection.

High-level Disinfection:

The level of disinfection required when processing some semi critical equipment/devices. High level disinfection processes destroy vegetative bacteria, mycobacteria, fungi and enveloped (lipid) and non-enveloped (non-lipid) viruses, but not necessarily bacterial spores. Equipment/devices must be thoroughly cleaned prior to high level disinfection

Intermediate-level Disinfection:

Level of disinfection required when processing some semi critical equipment/devices. Intermediate-level disinfection kills mycobacteria, most viruses, and bacteria. Equipment/devices must be thoroughly cleaned prior to intermediate level disinfection.

Low-level Disinfection:

Level of disinfection required when processing noncritical equipment/devices or some environmental surfaces. Low-level disinfectants kill most vegetative bacteria and some fungi as well as enveloped (lipid) viruses. Low-level disinfectants do not kill mycobacteria or bacterial spores. Equipment/devices must be thoroughly cleaned prior to low-level disinfection.



Hand Hygiene:

A process to remove or destroy micro-organisms on hands. Can be done with soap and running water or an alcohol-based waterless agent, provided hands are not visibly soiled.

Infection Prevention and Control:

The process of minimizing the risks of spreading infection to others.

Infectious Disease Agent:

Microorganisms such as viruses, bacteria, or fungi that are capable of producing disease. (Also referred to as “pathogens”).

Infectious waste:

All waste which could potentially be contaminated with disease-causing microorganisms, (i.e. bacteria, and/or viruses).

Instrument:

An item or piece of equipment used during the process of carrying out personal services.

Mucous membrane:

Moist tissue that lines some organs and body cavities (such as nose, mouth, lungs) and secretes mucous (a thick fluid).

Single-use (disposable) items:

Any instruments or items that are designed to be used once and then discarded as they cannot be adequately cleaned and disinfected or sterilized.

Routine Practices:

The Health Canada/Public Health Agency of Canada term to describe the system of infection prevention and control practices recommended in Canada to prevent and control transmission of microorganisms. In the United States these are called Standard Precautions. These practices describe prevention and control strategies to be used with all individuals during all aspects of care.

Hand Hygiene

Hand hygiene should be performed

- After contact with each individual
- After contact with blood, body fluids, secretions and excretions.



- After contact with items known or considered likely to be contaminated with blood, body fluids, secretions, or excretions.
- Immediately prior to and after removing gloves.
- Between procedures on the same individual in which soiling of hands is likely, to avoid cross-contamination of body sites.
- When hands are visibly soiled.
- Plain dispensable soap may be used for routine hand washing (not anti-bacterial).
- When hands are visibly soiled, hands must be washed with soap and water.
- Alcohol-based hand rubs are an acceptable method of hand hygiene especially when access to hand washing facilities is limited.

Eye Protection:

- Eye protection should be worn to protect mucous membranes of the eyes, nose and mouth during procedures likely to generate splashes or sprays of blood, body fluids secretions or excretions.

Gloves:

- Gloves are not a substitute for hand hygiene
- Clean, non-sterile gloves should be worn for contact with blood, body fluids, secretions and excretions, mucous membranes, or non-intact skin when handling items visibly soiled with blood, body fluids secretions and excretions.
- Gloves should be changed between procedures with the same individual and between individuals
- Gloves should be removed immediately after completion of service at the point of use and before touching clean environmental surface.
- Hand hygiene should be performed immediately after removing gloves.
- Single -use disposable gloves should not be reused or washed.

Gowns:

- Gowns should be used to protect uncovered skin and prevent soiling of clothing during activities likely to generate splashes or sprays of blood, body fluids, secretions or excretions.

Equipment and Environment:

- Articles that touch the individual's intact skin should be clean.
- Equipment touching mucous membranes or non-intact skin should be appropriately disinfected between individuals.
- Chairs, cabinets, counters and binders should be cleaned on a regular basis.



- Soiled individual care equipment should be handled in a manner that prevents exposure of skin and mucous membranes and contamination of clothing and the environment.
- All equipment that is being used by more than one individual must be cleaned and disinfected.

Re-usable equipment/instruments

- Re-usable equipment/instruments, items and work contact surfaces that cannot be easily or adequately cleaned, disinfected or sterilized between each use i.e. goggles shall be covered with single-use, disposable covers (e.g. plastic wrap or plastic bags) and the cover shall be discarded after each use.
- During any individual care, routine infection prevention and control practices must be followed to prevent contamination of disinfected or sterilized equipment through contact with work surfaces, clothing or hands.