

Universal Precautions Basics

Preventing the spread of germs and disease

- How Germs Spread

People → Objects → People
Or
Person → Person

- Person has a wound or open sore
- People touch objects and transfer germ, another person touches same object (Ex. Phone, pen, computer, door handle)
- Blood and body fluids may carry disease causing germs (Hepatitis Virus B and C, HIV)
- Exposure to body fluids can occur when/if a child has a bloody nose, sunburn, wiggling a loose tooth, skinned knee, diaper changes, children who bite

-Staff can be exposed to disease if precautions are not used!

- How Can I Protect Myself?

- Use Personal Protective Equipment (PPE) such as gloves, eye goggles, face shield
- Keep Worksite Clean
- Get vaccinated for Hepatitis

-WASH HANDS OFTEN!!!

- Cleaning and Disinfecting

- Activity Tables and surfaces are cleaned with soapy water and Sanitized
- Diapering tables are Disinfected
 - Be aware of Diapering Procedure
 - double bagged/gloving
- First Aid areas are Disinfected
 - Disposal of “first-aid waste”
 - double bagged and labeled

- What do I do if I am exposed?

- Wash exposed skin with soap and running water
- Rinse eyes or other mucous membranes with running water
- Report to supervisor and health coordinator
- Seek medical attention if necessary