



WORKSHEET V: INFECTION CONTROL OVERVIEW FOR PANDEMIC INFLUENZA

Contaminated Surfaces

Influenza can survive:

- Up to 48 hours on non-porous surfaces (i.e. bedrails, door knobs, TV remotes, telephones)
- Up to 12 hours on porous surfaces (i.e. tissues, cloth, linens)

Disinfection

- In general, diluted bleach or common healthcare setting cleaning products are sufficient
- Do not spray disinfectant or use aerosolizing cleaning methods
- Frequently-touched hard surfaces should be cleaned thoroughly and more often than general housekeeping practices
- Ensure soiled linens and laundry, and dishes and eating utensils, are washed with detergent at appropriate water temperature

See Worksheet IX: Environmental Cleaning and Disinfection for more details

Hand Hygiene

Critical to controlling the spread of infectious diseases, this is a measure that EVERYONE (all staff, patients and visitors) can take part in. Post hand hygiene (hand washing and sanitizing) signs in common areas and staff break rooms. See Worksheets IV and V for sample posters. Make antimicrobial soaps available near sinks, and make alcohol-based hand rubs available in common areas, staff areas, and all other places that hand washing is not available.

Alcohol-based Hand Rubs

Use only when hands are not visibly soiled. Alcohol-based hand rubs reduce time required for hand disinfection!

- Use only 60-95% alcohol content sanitizers
- Rub hands together 10-15 seconds (hands should feel wet during this time)
- Rub hands together until dry

Hand Washing

In healthcare settings, use antimicrobial products (such as products containing 4% chlorhexidine gluconate) and water to cleanse hands before and after patient contact. Wash hands before gloving and after removing gloves.

- Rub hands together vigorously for 15-30 seconds
- Cleanse all sides
- Pay attention to nails, rings, watches
- Ensure hands are completely dry at conclusion—disposable paper towels are best

Respiratory Hygiene

With education and reminders, staff, patients and visitors can all practice good respiratory hygiene. Hang posters (cover your cough, sleeve sneeze) in common areas and staff break rooms. See Worksheet VIII for sample poster. Keep facial tissues and wastebaskets available in patient rooms, common areas and break rooms.

- When coughing, place a tissue over nose and mouth
- Put used tissue in the trash
- If you don't have a tissue, cough or sneeze into your sleeve, not your hands
- Follow above steps on hand hygiene
- When possible, keep your distance (6 feet) from anyone coughing or sneezing