Infection Prevention
Includes COVID-19 Guidelines
Orientation Module for Students - Residents - Faculty
This module is designed to prepare you for your clinical/residency experience. This module covers five very important topics; Infection Prevention, COVID-19, Bloodborne Pathogens, Isolation Precautions, and Hazardous Materials.

After completing all four modules and you understand the information presented, you will need to complete the ‘Confidentiality Agreement and Acknowledgement of Orientation Modules’ form. Please give the completed form to your school coordinator or faculty member, not the healthcare facility. The school will retain your signed/dated form.

The four learning modules need to be completed annually by students/residents/faculty.
INFECTION PREVENTION

While completing this module, please know YOU are responsible for understanding the information presented.

If you have any questions, please contact your instructor/school/facility for answers prior to submitting your final ‘Confidentiality Agreement and Acknowledgement of Orientation Modules’ form.
MODULE OBJECTIVES

✓ Describe COVID-19 precautions.
✓ Verbalize basic concepts of infection prevention.
✓ Describe how and when to wash hands.
✓ Describe bloodborne pathogens.
✓ List the different routes bloodborne pathogens are spread.
✓ Describe how you would prevent the spread of bloodborne pathogens with standard precautions.
✓ Outline the types and use of personal protective equipment (PPE).
✓ Describe the action you would take if you had a bloodborne pathogen exposure.
✓ Identify different types of isolation and PPE to be worn.
✓ Describe how to put on and remove PPE.
✓ Identify infectious, hazardous, and pharmaceutical waste.
INFECTION PREVENTION

WHAT YOU NEED TO KNOW ABOUT COVID-19
Most patients exhibit mild to severe respiratory illness with fever, cough, and shortness of breath.
The COVID-19 virus is spread through respiratory droplets – via coughing, sneezing. It can also be transmitted through touching surfaces where the droplets are and then touching your nose, eyes, etc.
COVID-19 & What to Expect in the Clinical/Residency Setting

1. Facility Entry Screenings

✓ You will enter the facility at a designated door.
✓ Your temperature will be taken. Sites may vary slightly in their temperature result requirement.
✓ You will be asked a series of questions such as; Do you have a fever, cough, shortness of breath, headache, sore throat, or muscle aches?
✓ If you do not meet the requirements of the facility, you will be sent home.
✓ If you are sent home, you must follow your college’s notification policy.
Infection Prevention

COVID-19 & What to Expect in the Clinical/Residency Setting

2. Universal Masking

✓ You will be asked to wear a mask upon entry into the clinical/residency setting.
✓ This mask should be worn at all times until you exit the building. Masking will prevent your particles from being transmitted into the environment.
✓ Avoid touching your surgical facemask.
✓ Perform hand hygiene anytime the facemask is touched.
COVID-19 & What to Expect in the Clinical/Residency Setting

3. Use of Eye Protection

Goggles or a face shield may be required, depending upon your clinical/residency site.
4. Special Situations

If the patient you are taking care of is in isolation and PPE is required, you will need to adhere to those requirements and remove your universal mask.

For example, if you have a patient with C. Diff precautions, you would remove your universal mask and don a procedure mask used only for that patient while caring for that patient.
5. Patients Exhibiting COVID Symptoms

If you are caring for a patient that exhibits cough, fever, or shortness of breath and they are NOT in isolation, talk to the patient’s nurse immediately and consider isolating the patient if there is no other medical reasoning for the symptoms.

No student will be taking care of a known COVID patient.
INFECTION PREVENTION

COVID-19 & WHAT TO EXPECT IN THE CLINICAL/RESIDENCY SETTING

6. SLOW THE SPREAD

✓ Separate yourself by 6 feet as much as possible.
✓ Stagger breaks to prevent gathering in close proximity while eating.
Infection Prevention

COVID-19 & What to Expect in the Clinical/Residency Setting

If You Become Ill

✓ Contact your instructor/leader.
✓ Report your symptoms.
✓ Stay home when you’re sick.
✓ Each facility will have a reentry process of when you can safely return to the clinical/residency setting.
INFECTION PREVENTION

COVID-19 & WHAT TO EXPECT IN THE CLINICAL/RESIDENCY SETTING

HOW CAN YOU PROTECT YOURSELF?

✓ Avoid contact with those that are sick.
✓ Wash your hands frequently for 20 seconds using soap and water. Use hand gel if soap and water is not available.
✓ Avoid touching your eyes, nose, and mouth with unwashed hands.
✓ Practice social distancing by maintaining 6 feet of distance between yourself and others.
Infection Prevention

Remember YOUR PROFESSIONAL role within the community!

As a health care professional to the community during the COVID-19 pandemic:

✓ Think of all of your family, friends, colleagues, etc., who have reached out to you for advice and guidance as we chart through this unprecedented time.

✓ Continue to remember your role as we help set the stage for others during this time.

✓ Consider continuing to practice safety measures outside of your school, lab, clinical/residency setting that have been in place during this time. Be mindful of the current state and large gatherings. Physical distancing, wearing a mask, and thorough handwashing can continue to be practiced in your personal life to protect; you, family, friends, and others you come in contact with.

We can help set the stage and influence our communities to keep them safe and healthy!
What is the single most effective method to prevent the spread of infection? *Decide your answer before advancing to the next slide.*

- Long sleeves and gloves
- Hand hygiene
- Cold weather
I N F E C T I O N  P R E V E N T I O N

YES!

Hand hygiene is the single most effective method to prevent the spread of infection.
Hand Hygiene Video

Would you want to shake a person’s dirty hand? Probably not. But what if you couldn’t see the bacteria on someone’s hands? Watch this short VIDEO on hand hygiene. Return to this slide when done.
INFECTION PREVENTION

WASH YOUR HANDS WITH SOAP AND WATER:

1. For at least 20 seconds.
2. When they are visibly soiled.
3. When they are contaminated with blood or body fluids.
4. After caring for patients with certain viruses or bacteria (i.e., c-diff, norovirus, and MRSA).
5. After using the restroom.
Infection Prevention

Wash your hands with soap and water or use hand sanitizer:

1. Before, after and frequently during your work shift.
2. Before and after patient contact.
4. Before preparing or administering medication (if applicable to your role).
5. After blowing your nose or covering a sneeze.
6. After contact with body fluids.
7. After contact with items used for patient care.
INFECTION PREVENTION

HAND HYGIENE - NAILS

Which of these hands shows the appropriate way to keep your nails while working in a clinical/residency setting?
INFECTION PREVENTION

HAND HYGIENE - NAILS

Correct Answer: Keep nails trim and clean - no artificial nails or shellac polish.
You just assisted a patient with Norovirus to the bathroom and inadvertently got stool on your hands. How should you clean your hands? *Decide your answer before advancing to the next slide.*

- Clean your hands with a hand sanitizer.
- Wash your hands with soap and water for at least 20 seconds.
- Wash your hands with soap and water OR a hand sanitizer for at least 20 seconds.
**Hand Hygiene - Knowledge Check**

Correct Answer:

- Wash your hands with soap and water for at least 20 seconds if you have stool on them. Hand sanitizer is **NOT** adequate for this situation.
HAND HYGIENE - OPTIONAL TRAINING

If you would like to learn more, the Centers for Disease Control (CDC) has developed a great mini training course on hand hygiene. Return to this slide after you have completed the CDC training.
Mobile devices breed bacteria. Which of these two items has more germs on it than the other? *Decide your answer before advancing to the next slide.*
INFECTION PREVENTION

MOBILE DEVICES

Your cell phone has ten times more germs on it than a toilet!
Studies have shown that your cell phone has **25,000 GERMS PER SQUARE INCH**!
You can clean your device with a microfiber cloth and cotton swabs, compressed air, or a UV light device.
INFECTION PREVENTION

CARING FOR YOURSELF

If you have a fever or diarrhea, you should not work or be in a health care setting. You don’t want to infect others. If you are ill, please stay home.

✓ Notify your school.
✓ Take care of yourself.
INFECTION PREVENTION

COVER YOUR COUGH

Which person is coughing the correct way? Decide your answer before advancing to the next slide.
INFECTION PREVENTION

COVER YOUR COUGH

Correct Answer: Cough or sneeze into the bend of your arm or sleeve. If you cough or sneeze into a tissue, discard the tissue and ALWAYS wash your hands.

✓ Consider wearing your face mask in public.
INFECTION PREVENTION

COVER YOUR COUGH

Review this poster with reminders about staying healthy.

Remember, if you have cold or flu symptoms, please tell your instructor and staff immediately.
INFECTION PREVENTION

STANDARD PRECAUTIONS - WHAT DOES THAT MEAN?

Decide your answer before advancing to the next slide.

- Using practices and equipment that prevent the spread of infection and protects you when in contact with any bodily fluids or blood.
- Only working around patients if you don’t have a cough.
- Clothing that doesn’t allow germs to penetrate.
INFECTION PREVENTION

STANDARD PRECAUTIONS - WHAT DOES THAT MEAN?

Standard Precautions means using practices and equipment that prevent the spread of infection and protect you when in contact with any bodily fluids or blood. This includes using Personal Protective Equipment (PPE).
**Infection Prevention**

**Standard Precautions**

- **✓ ANY** patient may be potentially infectious.
- **✓ Protect yourself.**
- **✓ Use Standard Precautions** with **every** patient. This includes Personal Protective Equipment (PPE).
INFECTION PREVENTION

PERSONAL PROTECTIVE EQUIPMENT (PPE) MAY INCLUDE:

- Gloves
- Goggles, safety glasses, face shields, masks
- Fluid resistant gowns
- Resuscitative pocket masks, bag-valve-mask (ambu-bag)
INFECTION PREVENTION

PERSONAL PROTECTIVE EQUIPMENT (PPE): GLOVES

Wear gloves when:

✓ Handling blood or body fluids.
✓ Touching unclean surfaces or objects.

Use alcohol hand gel/foam OR wash with soap and water before applying gloves AND after removing gloves.
Splashes, spraying and flaking of body fluids can happen. Anticipate this!

Always use the correct PPE to protect yourself.
INFECTION PREVENTION

PERSONAL PROTECTIVE EQUIPMENT (PPE): SHARPS

What are sharps? Which of these images contain sharps?

NOTE: Sharps safety devices are REQUIRED by Occupational Safety & Health Administration (OSHA).
INFECTION PREVENTION

PERSONAL PROTECTIVE EQUIPMENT (PPE): SHARPS

Correct Answer: All of the images below contain sharps.
Prevent injury from sharps by:

- Using facility approved safety devices.
- **ALWAYS** activate safety devices before disposal.
- **NEVER** recap a used needle.
- Immediately dispose sharps into a sharps container.
- Follow facility policy.

NOTE: Sharps safety devices are REQUIRED by Occupational Safety & Health Administration (OSHA).
**INFECTION PREVENTION**

**PERSONAL PROTECTIVE EQUIPMENT (PPE): CLEAN ENVIRONMENT**

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# Infection Prevention

## Personal Protective Equipment (PPE): Clean Environment

**Answers:** Keep a clean environment. Are the following statements True or False?

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Infection Prevention

Personal Protective Equipment (PPE): Clean Environment

Every facility uses their own disinfectants. The following is one example.
INFECTION PREVENTION

POLICIES & PROCEDURES

Check facility policies and procedures:

✓ Find out where to locate policies and procedures.

✓ Facilities may have specific infection prevention policies.

✓ Check with department leaders for policies or procedures that direct practices in your clinical/residency area.
Which of the following are ways you can prevent infection and protect yourself? *Decide all that apply before advancing to the next slide.*

- Hand hygiene
- Use of safety devices (e.g., self-sheathing needles)
- Air conditioning
- Proper handling and disposal of sharps
- Sweaters and scarves
- Appropriate use of PPE
Knowledge Check

Correct Answers:
- Hand hygiene
- Use of safety devices (e.g., self-sheathing needles)
- Proper handling and disposal of sharps
- Appropriate use of PPE

Use **Standard Precautions** every time you have the possibility of exposure to diseases, blood, or body fluids.
Bloodborne diseases are spread three ways.

1. Blood to blood contact
2. Sexually
3. From infected mother to infant (probably at birth)
INFECTION PREVENTION

BLOODBORNE PATHOGENS - HOW THEY ARE SPREAD

All blood and body fluids are potentially infectious and can cause the spread of serious diseases like:

✓ HIV (the virus that causes AIDS)

✓ Hepatitis B

✓ Hepatitis C

Hepatitis B vaccine is recommended for all students/residents or healthcare workforce members who may be exposed to blood or body fluids. Contact your school or health department for additional information.
WHAT IS BLOOD EXPOSURE?

You receive a cut or a needlestick with a sharp item contaminated with blood or body fluid. Is this a blood exposure? Yes or No

You are splashed in the eyes, nose, or mouth with blood or body fluid. Is this a blood exposure? Yes or No

Decide your answers before advancing to the next slide.
**Infection Prevention**

**Blood Exposure**

**What is a blood exposure?**
You receive a cut or a needlestick with a sharp item contaminated with blood or body fluid. Is this a blood exposure?

- Yes
- No

*This is a blood exposure!*

You are splashed in the eyes, nose, or mouth with blood or body fluid. Is this a blood exposure?

- Yes
- No

*This is a blood exposure!*
You have been in contact with blood on broken skin (rash or chapped). Is this a blood exposure? Yes or No

Decide your answer before advancing to the next slide.

What should you do if you are exposed to the blood or body fluids of a patient?

Immediately following an exposure to blood:
- Wash site of injury and/or cut with soap and water
- Flush splashes to the nose, mouth, or skin with water
- Irrigate eyes with clean water, saline, or sterile irrigants
**Infection Prevention**

**Blood Exposure**

What is a blood exposure?
You have been in contact with blood on broken skin (rash or chapped). Is this a blood exposure?

- Yes [ ]
- No [ ]

**This is a blood exposure!**

What should you do if you are exposed to the blood or body fluids of a patient?

- Immediately following an exposure to blood:
  - Wash site of injury and/or cut with soap and water
  - Flush splashes to the nose, mouth, or skin with water
  - Irrigate eyes with clean water, saline, or sterile irritants
INFECTION PREVENTION

BLOOD EXPOSURE

✓ Report the exposure **promptly** to your instructor, the department supervisor, employee health, or infection preventionist at the facility.

✓ Follow facility and school policies regarding reporting, documentation, and follow-up.
If you experience a blood spill, follow these steps.

1. Apply gloves and other PPE depending on the size/type of spill.
2. Contain the spill. Notify facility staff who may obtain a spill kit.
3. Clean the area of “visible” contamination with an approved disinfectant.
4. Disinfect the area with new disinfectant for “non-visible” contamination.
5. Carefully dispose of all items used to contain/clean the spill.
6. Carefully remove PPE and dispose of PPE properly.
7. Perform hand hygiene with soap and water.
Sometimes patients enter our facilities with diseases that can easily be spread. Some patients have an increased chance of acquiring infections (immune compromised, i.e., on chemotherapy and need to be protected from infection). Additional precautions are used to prevent the spread of diseases.
Infection Prevention

Isolation Precautions - 3 Types

There are 3 kinds of isolation precautions:

- Contact
- Droplet
- Airborne

Each facility will provide instructions to remind you what PPE to put on (based on the precaution) prior to entering the room (e.g., may see sign posted)
Germs survive on surfaces and items you may touch or “contact”. If a patient is on “Contact” Precautions: ALWAYS wear a gown and gloves for all patient care when entering the patient’s environment or room.

Examples of when to use contact precautions; when a patient has:
- Methicillin-resistant Staphylococcus Aureus (MRSA)
- Carbapenem-resistant Enterobacteriaceae (CRE)
- Clostridium difficile (c-diff)
- Scabies, other
- Infected wound with drainage

NOTE: Refer to each facility for guidance.
INFECTION PREVENTION

ISOLATION PRECAUTIONS - CONTACT PPE

Before entering the room:

1. Put on isolation gown: tie at neck and waist

2. Put on gloves: should cover cuffs of gown
**INFECTION PREVENTION**

**ISOLATION PRECAUTIONS - CONTACT PPE**

Before leaving the room:
1. Remove gloves (dirtiest). Discard in the wastebasket.
2. Untie waist (some gowns may vary).
4. Carefully remove the gown (folding the dirty side inward) and discard in the wastebasket.
5. Sanitize hands with alcohol hand rub or wash with soap and water if visibly soiled.

Some situations require special precautions for hands.

**NOTE:** Some gowns may vary. See facility staff for instructions. The order of removal may be different depending on the type of gown.
INFECTION PREVENTION

ISOLATION PRECAUTIONS - SPECIAL PRECAUTIONS

C. Diff is a bacteria that produces spores and causes severe diarrheal illness.

Norovirus is a very contagious virus that causes vomiting and diarrhea.

HOME: When entering patients’ homes under Special Precautions, do not bring in bags or computers. Use dedicated equipment.
Masks are worn for Droplet Precautions every time you enter the patient’s environment.

Germs can travel up to 3 feet by the patient during coughing, sneezing or talking
- Examples: Influenza and specified pneumonias in adults
INFECTION PREVENTION

ISOLATION PRECAUTIONS - DROPLET PPE

Before entering the room:

- Sanitize hands with alcohol hand rub or wash with soap and water
- Put on surgical mask
Before leaving the room, remove PPE in order:

- Remove surgical mask, discard in wastebasket in room
- Sanitize hands with alcohol hand rub or wash with soap and water
Airborne Precautions are used when the germs are spread long distances on tiny particles in the air. Examples: Measles, Chicken Pox, Active or Suspected Tuberculosis

N95 Mask

PAPR

N95 masks and PAPRs are only worn by individuals who are specially fitted or who have gone through special training. Check with the facility before entering a patient room on airborne precautions or in a negative pressure room.
You **cannot** go into a negative pressure room without a special respirator. Students/residents may or may not be assigned to patients in Negative Pressure Rooms. Check with the facility.
Review the steps on this poster, outlining the proper steps to take when putting on PPE. The steps must be followed in this order.
I N F E C T I O N  P R E V E N T I O N

I S O L A T I O N  P R E C A U T I O N S  -  P U T T I N G  O N  P P E

Harry’s PPE includes:

✓ Gloves
✓ Goggles
✓ Mask
✓ Gown
INFECTION PREVENTION

ISOLATION PRECAUTIONS - REMOVING PPE

Review the steps on this poster, outlining the proper steps to take when removing PPE. The steps must be followed in this order.
For a patient that does **not** have any isolation precautions, what type of PPE would you wear to their take vital signs? *Decide your answer before advancing to the next slide.*

- None
- Goggles
- Gloves
- Mask
- N95 Mask
- Gown
Infection Prevention

Isolation Precautions - Which PPE?

For a patient that does not have any isolation precautions, what type of PPE would you wear to take vital signs?

Correct Answer:

✓ None

For patients not on isolation precautions, PPE is not needed to take their vital signs.
For a patient that does **not** have any isolation precautions, what type of PPE would you wear to **draw blood from their vein**? *Decide your answer before advancing to the next slide.*

- None
- Goggles
- Gloves
- Mask
- N95 Mask
- Gown
Infection Prevention

Isolation Precautions - Which PPE?

For a patient that does not have any isolation precautions, what type of PPE would you wear to draw blood from their vein?

Correct Answer:

✓ Gloves

For patients not on isolation precautions, gloves are worn to draw blood from their vein.
Isolation Precautions - Which PPE?

What type of PPE would you wear if caring for a patient with diarrhea diagnosed with c. diff?

- None
- Goggles
- Gloves
- Mask
- N95 Mask
- Gown
What type of PPE would you wear if caring for a patient with diarrhea diagnosed with *c. diff*?

Correct Answer:

✓ Gloves
✓ Gown

You must wear gloves and a gown if caring for a patient with diarrhea diagnosed with *c. diff.*
Infection Prevention

Isolation Precautions - Which PPE?

What type of PPE would you wear if bathing a patient with TB?

- None
- Goggles
- Gloves
- Mask
- N95 Mask
- Gown
Infection Prevention

Isolation Precautions - Which PPE?

What type of PPE would you wear if bathing a patient with TB?

Correct Answer:

- N95 Mask or PAPR
- Gloves

You must wear gloves and a N95 mask or PAPR while bathing a patient with TB.
INFECTION PREVENTION

ISOLATION PRECAUTIONS - WHICH PPE?

What type of PPE would you wear if changing linens on a bed of a patient with influenza?

- None
- Goggles
- Gloves
- Mask
- N95 Mask
- Gown
Infection Prevention

Isolation Precautions - Which PPE?

What type of PPE would you wear if changing linens on a bed of a patient with influenza?

Correct Answer:

✓ Mask
✓ Gloves

You must wear a mask and gloves to change the linens on a bed of a patient with influenza.
To protect yourself and others, red bag all infectious waste containing blood or body fluids that are:

- Drippable
- Pourable
- Squeezable
- Flammable
High-risk body fluids include:
- Blood
- Semen
- Vaginal secretions
- Pleural fluid
- Amniotic fluid
- Spinal fluid
# Infection Prevention

## Hazardous Waste - Infectious Waste

For each item, decide if it would go in a **Red Hazardous Bag** or NO hazardous bag.

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</tr>
<tr>
<td>3. Syringes without blood or needles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. PPE without blood</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. PPE with lots of blood</td>
<td></td>
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<tr>
<td>6. Paper toweling</td>
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Remember, to be disposed in the red bag it must be **infectious waste containing blood or body fluids** that are: drippable, pourable, squeezable, or flakeable.
## Infection Prevention

### Hazardous Waste - Infectious Waste

For each item, decide if it would go in a **RED HAZARDOUS BAG** or NO hazardous bag.

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**INFECTION PREVENTION**

**HAZARDOUS WASTE - PHARMACEUTICAL WASTE**

Pharmaceutical waste (drugs/medications), can harm the environment and human health if not disposed of properly. Sometimes people dispose of drugs/medications down the sink or flush them down the toilet.

Recent studies indicate some of these chemicals are passing through wastewater treatment systems and entering our waterways!
Hazardous waste may affect drinking water! Improper disposal of pharmaceutical waste may affect drinking water for local municipalities. All pharmaceutical waste should be disposed of according to facility guidelines.
Infection Prevention

Hazardous Waste - Pharmaceutical Waste

Be aware of safe medicine disposal within a facility and outside of a healthcare facility.

✓ Know where to throw.
✓ Check facility policies and read waste signs carefully.
✓ Many facilities have very specific containers for various waste.
✓ Consider using safe medicine disposal practices at home.

Visit [www.KnowYourOTCs.org](http://www.KnowYourOTCs.org) for more information.
Congratulations! You have completed the Infection Prevention module. A lot of information was covered in this module. Because of your hard work, you are better prepared for the clinical/residency setting. This module covered:

✓ COVID-19.
✓ Basic concepts of infection prevention.
✓ Hand hygiene.
✓ Bloodborne pathogens.
✓ Personal protective equipment (PPE).
✓ Bloodborne pathogen exposures.
✓ Types of isolation.
✓ Infectious, hazardous, and pharmaceutical waste.
After completing all **four modules and you understand the information presented**, you will need to complete the ‘**Confidentiality Agreement and Acknowledgement of Orientation Modules**’ form. Please give the completed form to your school coordinator or faculty member, **not** the healthcare facility. The school will retain your signed/dated form.

The four learning modules need to be completed annually by students/residents/faculty.