



Sonoma Valley Hospital
SONOMA VALLEY HEALTH CARE DISTRICT
HOME CARE PROGRAM

INFECTIOUS DISEASE PRECAUTIONS FOR THE CAREGIVERS

1. Wash hands with soap and water thoroughly before and after patient contact. Wear latex or vinyl gloves when in contact with patient's blood, urine, feces, mucous membranes, and other body fluids and or open wounds. There is no need to wear gloves when making casual contact with the patient. Alcohol based hand hygiene products that are 60%-70% by weight may be used instead of washing hands with soap and water when there is no visible soiling of the hands.
2. Do not share patient's personal hygiene items (example: toothbrush, razor, washcloth, etc.)
3. Clean up blood or body fluid spills with a mixture of one part chlorine bleach (clorox) to ten parts water. Use this mixture to clean bathtub, toilet, equipment, etc. **GLOVES SHOULD ALWAYS BE WORN.**
4. Linens, clothes and dishes can be washed in hot water with regular detergent. Soiled linens should be washed with detergent in hot water at least 71 degrees C. (160 degrees F.) for 25 minutes. If low temperature (less than 70 degrees C. or 158 degrees F.) laundry cycles are used, chemicals suitable for low temperature washing at proper use concentration should be used.
5. Any needles or syringes shall be placed in a puncture resistant container, i.e. bleach or soda bottle, then placed in household trash for garbage pickup.
6. Items such as dressing supplies contaminated with patient's blood or body fluids shall be double-bagged in plastic bags, tied securely, then placed with household trash for garbage pickup.
7. Eating, drinking, smoking, applying make-up or lip balm or handling contact lenses are to be avoided in work areas where there is a reasonable chance of exposure to the patient's body fluid.
8. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Put your used tissue in the waste basket. Clean your hands after coughing or sneezing: either wash with soap and water or clean with an alcohol-based hand cleaner.