



## Guidelines for Safe Work and Infection Prevention and Control Practices with Patients Who are Suspect or Confirmed H1N1

**Routine Practices are the foundation for prevention of the spread of infection and the level of care that shall be provided for all patients and may include:**

### **Hand Hygiene:**

- With alcohol based hand rub or soap and water
- Before, after and in between all care provided to patients.
- When putting on and removing personal protective equipment

### **Personal Protective Equipment (PPE) is worn by a Health Care Worker (HCW) when:**

#### **Gloves**

- they will be worn when in contact with another person's blood, body fluids, secretions, excretions, mucous membranes, draining wounds or non- intact skin and/or when a worker has open lesions or non-intact skin on their hands or wrists.
- Handling items visibly soiled with blood, body fluids, secretions or excretions.

#### **Gowns**

- they will worn when performing patient care activities that are likely to generate splashes or sprays of blood, body fluid, secretions and excretions.

#### **Surgical / Procedure Mask**

- they will be worn when performing patient care procedures that are likely to cause splashes, sprays or aerosols of blood , body fluids, secretions or excretions which come into contact with the HCW's nose and mouth.

#### **Eye or Face Protection**

- they will be performing patient care procedures that are likely to cause splashes, sprays or aerosols of blood, body fluids, secretion and excretions to the HCW's eyes. This includes aerosol generating activities.
- Regular eye glasses are not a suitable eye protection.

### **Respiratory Etiquette (Cover Your Cough):**

**The spread of respiratory illness can be minimized by following these recommendations:**

- Cover the mouth / nose with a tissue when coughing or sneezing.
- Cough or sneeze into the upper sleeve.
- Discard used tissue in waste basket.
- Perform hand hygiene with alcohol based hand rub or wash hands with soap and water
- Use of surgical / procedure mask

**When A Patient Has Suspect, Probable or Confirmed H1N1 Influenza**  
**Follow Routine Practices (above) and Droplet/Contact Additional Precautions**

Additional Precautions requires the following **Personal Protective Equipment (PPE) to be worn by a Health Care Worker (HCW) when:**

**Gloves**

- they are worn when entering the room or patient's designated bed space in a shared room
- are removed before leaving the room or the patient's designate bed space

**Gowns**

- they are worn if clothing or forearms will have direct contact with the patient
- are removed before leaving the room or patient's designated bed space

**Surgical / Procedure Mask**

- they are within 1 to 2 metres of a patient
- they perform patient care procedures that are likely to cause splashes, sprays or aerosols of blood , body fluids, secretions or excretions
- removed after exit of the isolation room/cubicle

**NIOSH approved N95 respirators**

- they are performing aerosol generating procedures on a Suspect, Probable or Confirmed Influenza patient.
- they are present in a room where an aerosol-generating procedure is being performed on a patient with a Suspect, Probable or Confirmed case of influenza
- removed after exit of the isolation room.

(All health care workers (fitted and non - fitted) who don an N95 respirators must perform seal checking to ensure fit and protection.)

**See included**

- N 95 seal check poster
- Personal Protective Equipment (PPE) poster

**Eye or Face Protection**

- they are within 1 to 2 metres of a coughing patient **and** for performing patient care procedures that are likely to cause splashes, sprays or aerosols of blood, body fluids, secretion and excretions to the HCW's eyes. This Includes aerosol generating procedures.
- Regular eye glasses are not a suitable eye protection.

**More information about Routine Practices and Additional Droplet/Contact Precautions can be found in the Hospital Infection Prevention and Control Manual.**