



Ezyas@Home General Guidelines: Infection Control

In community aged care, visiting care workers and visitors are a common source of infectious agents. In particular, care workers' hands are a likely source of transmission of infectious agents to aged care clients. Living at home also presents risks of infection as homes may have clutter, varying levels of cleanliness and domestic pets.

Tips for effective practice This section summarises key aspects of putting infection prevention and control into practice in community aged care.

Hand hygiene

- Wash hands thoroughly and often, before using gloves and after. Also when first entering the client's home and when ready to leave. Washing hands should take as long as you sing the Happy Birthday song (under your breath!)
- Alcohol-based hand cleanse products are anti-bacterial so have some limitation in the case of viral infections, and are not as reliable as good hand washing.

Personal protective equipment

- Have access to disposable gloves. The advice at the moment is that masks are not needed for general use.

Cleaning

- Use detergent and water for general cleaning. Disinfectant is needed as well when infection is known or suspected.
- Encourage a tidy environment for a client's home environment.

Managing spills

- Clean spills promptly, dispose of contaminated materials and perform hand hygiene.

Clothing and personal hygiene

- Change clothing daily or when soiled. Wear short sleeves or roll up sleeves above the elbows.
- Remove clothing that is not washed daily (such as cardigans and jackets) during personal care activities, food preparation and cleaning activities; and ensure lanyards and mobile phones are secured.
- Wear non-slip closed-in shoes to protect your feet against accidental injury/spillage during home visits.
- Keep jewellery to a minimum and do not wear gel, acrylic or false fingernails.
- Keep finger nails cleaned and trimmed.

Food handling

- Perform hand hygiene before and after handling food.
- Clean work areas with detergent and water and allow them to dry before preparing food.

Practising good hand and sneeze/cough hygiene is the best defence against most viruses.