

For care givers!

USUAL PREVENTIVE MEASURES AT ELDERLY FACILITIES

~Points that are easily overlooked~

(Recommended to use this as posters!)

Higashiosaka City Public Health Office

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STANDARD PREVENTIVE MEASURES

... are referred to as measures to be implemented for all residents whenever they come in contact with body fluids such as vomit, feces, or blood, based on the idea that **all people carry pathogens (viruses, bacteria, etc.) that can be transmitted.**



Effective preventive measures

1. Hand hygiene
(Hand washing and sanitizing)
2. Use of personal protective equipment (PPE)
(Masks, gloves, goggles, face shields, plastic apron and impermeable gown, etc.)

TRANSMISSION ROUTES

Block the virus transmission by...



By contact

- Viruses stick to things touched by dirty hands or fingers, etc.
- Viruses stick to around handrails, tables and beds through droplets

sanitizing hands



environmental disinfection



wearing a mask



By droplets

Droplets containing virus or bacteria spatter

By air

Droplet nuclei float in the air

wearing a N95 mask



HOW TO WEAR AND TAKE OFF A MASK

1. Use a non-woven mask (surgical mask)

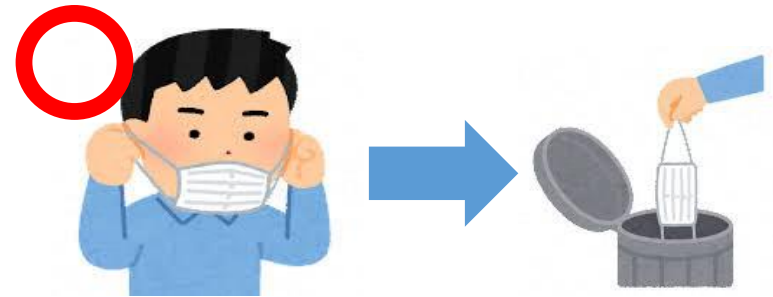
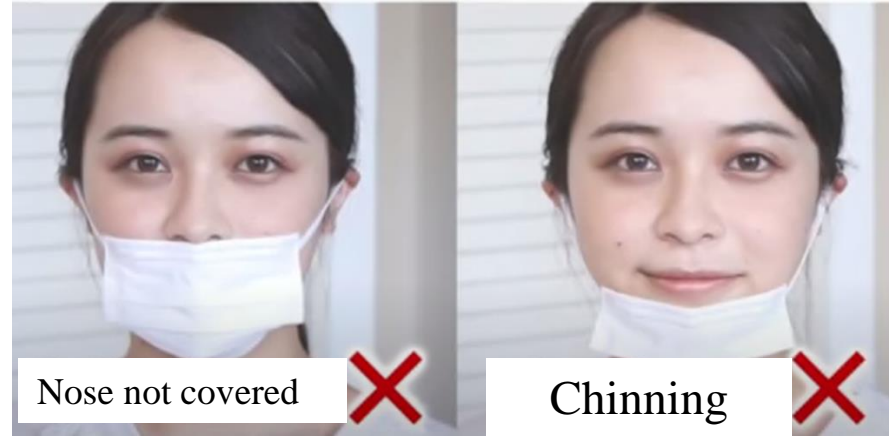
How to wear a mask properly

2. Make it fit to your face with no gap

→ Choose a mask that fits your size.

→ Extend the mask under your chin to match the shape of your nose.

3. Hold the strings to take off a mask



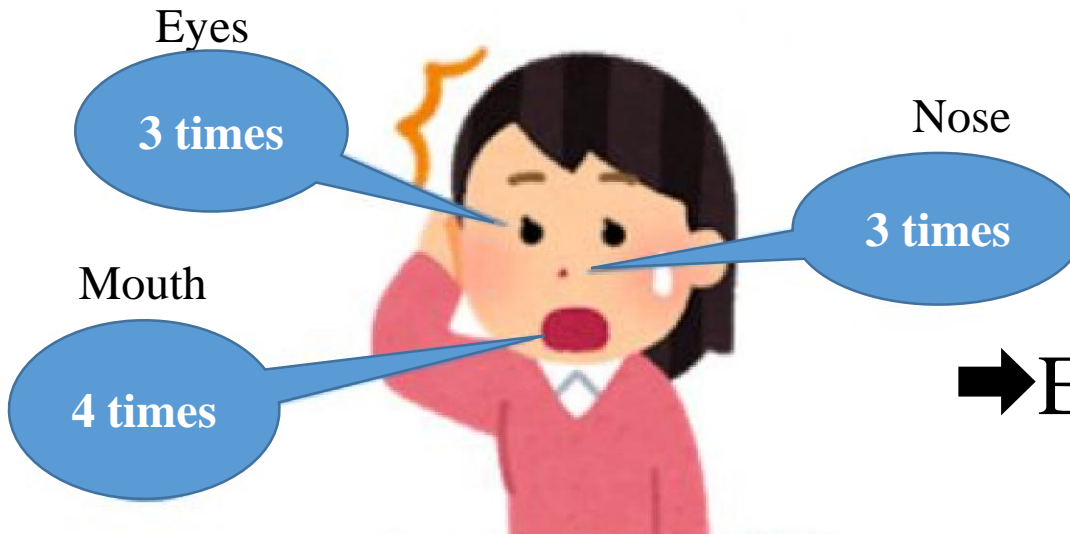
TRANSMISSION ROUTES THAT ARE EASILY OVERLOOKED

Infection
by contact

... Touching the mucous membranes of eyes, nose, or mouth with virus-contaminated fingers.



People "unconsciously" touch their faces!



➔ Ensure hand washing and sanitizing

44 % of the surface area of face consist of mucous membranes such as eyes, nose, and mouth, etc.!

TIMING FOR HAND WASHING AND SANITIZING WHEN NURSING

1 Before contacting residents

- Before shaking hands
- Before assisting residents with moving from one place to another or transferring to and from wheelchair
- Before bathing and dry bathing

2 Before hygiene operation

- Before oral care
- Before serving meals and others

3 After contacting residents

- After shaking hands
- After assisting residents with moving from one place to another or transferring to and from wheelchair
- After bathing and dry bathing

6 When taking gloves off



5 After contacting residents' surrounding environment

- After removing dish wares
- After changing linens
- After touching the bed or surrounding items
- After closing curtains

4 Possible exposure to blood or body fluids

- After oral care
- After exposure to sputum or saliva
- After disposing of urine, feces, and vomit
- After cleaning contaminated areas



HAND HYGIENE

(Hand washing and sanitizing)

動画でチェック! →



• Hand washing



1. Wet both hands with water.



2. Dispense an appropriate amount of soap.



3. Wash the palms of hands with well-whipped soap.



4. Wash the spaces between fingers.



5. Wash the backhands.



6. Rub the palms of hands with fingertips.



7. Wash the thumbs with the opposite hand in a twisting motion.



8. Wash the wrists in a twisting motion.



9. Rinse off the soap under running water.



10. Dry hands by tapping with paper towel.



11. Use a paper towel that you dried your hands to turn off the hold down the water lever to turn off the water.

Check !
Make sure to wash the hands thoroughly!

- **Finger tips**
- **Space between fingers**
- **Wrists**

POINT!



■ **After rubbing your hands for 10 seconds, rinse off the soap under running water for 15 seconds.**

■ **Always use soap and water for visible dirt, otherwise either use hand sanitizer or wash hands with soap and water.**

■ **Keep always the washroom clean and dry. Do not place hand sanitizers, etc. near the basin as water can splash easily.**

• Hand sanitizing



1. Dispense sanitizer into the palm of your hand.



2. Dip fingertips in accumulated hand sanitizer and rub into palms.



3. Sanitize the palms of your hands.



4. Interlace the fingers of both hands.



5. Rub the back side of hands.



6. Sanitize the space between fingers.



7. Wash the thumbs with the opposite hand in a twisting motion.



8. Sanitize the wrists in a twisting motion and finally rub the both hands until dry.

CHECK ! Use hand sanitizer in a quantity that spread into your entire hand. (about 2-3 mL)

NG ! Do not refill hand sanitizer or liquid soap before using it up. Wash the container and dry to refill.

POINT!



- Take care of your hands as well, as rough hands can make it difficult to remove dirt.
- Make it a habit to wash and sanitize your hands before and after assisting meal, toileting and cleaning.

PERSONAL PROTECTIVE EQUIPMENT (PPE) DONNING AND DOFFING POINTS

✓ Review or double-check the procedures (No one is 100% perfect!)

✓ Don't walk around in PPE
(Don't let the virus spread around!)

Take special precautions when taking off the PPE

✓ Sanitize your hands every time you take off your gloves, gowns, and masks.



✓ Keep clean the outside of the garbage bag to dispose used PPE
(Do not touch the outside of the PPE as they are considered as contaminated materials!)

**● How to take off personal protective equipment (PPE)
In the case of plastic gowns with neck and waist straps that can be easily torn off**

1. Take off the gloves



How to take off the gloves

1. Pinch the outside of the wrist area.
2. Take off the gloves inside out.
3. Hold the glove you took off with the opposite hand.
4. Insert fingers from inside the wrist without touching the glove surface.
5. Turn the gloves inside out to wrap the removed gloves and take them off.
6. Discard them at the designated place.

2. Sanitize your hands



3. Take off your long-sleeved gown ★Do not touch the surface of the gown!



1. Tear off the neck part and take it off from the shoulders.

2. Hold the inside of the arm and pull the arm out.

3. Tear off the waist straps.



4. Turn the gown inside out and discard it.

4. Sanitize your hands



5. Take off the face shield



1. Remove the face shield from the head by holding the elastic at the back of the head and discard it.

6. Take off the cap



1. Remove it from the back of the head by inserting hands into the cap and discard it.

7. Take off the mask



1. Remove it from the face by holding the elastic and discard it.

8. Sanitize your hands



POINT!



Personal protective equipment should be taken off in the correct way and order to avoid contact with the virus when undressing. If possible, work in pairs, checking with each other. Whenever you feel that your hands have accidentally "touched a contaminated surface," do not panic and apply hand sanitizer each time. You may do so every time you take off a piece of your PPE.

**How to take off personal protective equipment (PPE)
In the case of non-woven gowns with neck and waist straps that can
NOT be torn off**

1. Take off the gloves



How to take off the gloves



1. Pinch the outside of the wrist area.

2. Take off the gloves inside out.



3. Hold the glove you took off with the opposite hand.



4. Insert fingers from inside the wrist without touching the glove surface.



5. Turn the gloves inside out to wrap the removed gloves and take them off.



6. Discard them in the designated place.



2. Sanitize your hands



3. Take off your long-sleeved gown

★Do not touch the surface of the gown!



1. Untie the straps at the back of the neck.



2. Take it off from the shoulders by holding the straps.



3. Hold the inside of the arm and pull the arm out.



4. Untie the waist straps.



5. Turn the gown inside out and discard it.



4. Sanitize your hands



- 5. Take off the face shield
- 6. Take off the cap
- 7. Take off the mask

} Please refer to the previous page.

CHECK!

In the 5 to 7, take special precautions not to touch the surface.

8. Sanitize your hands



POINT!



- Personal protective equipment should be taken off in the correct way and order to avoid contact with the virus when undressing. If possible, work in pairs, checking with each other.
- Whenever you feel that your hands have accidentally "touched a contaminated surface," do not panic and apply hand sanitizer each time. You may do so every time you take off a piece of your PPE.

Reference (大阪府・厚生労働省・日本環境感染学会抜粋)

<大阪府>

- ・知って納得 そうやったんか！感染予防

<https://www.pref.osaka.lg.jp/attach/23711/00452409/kansenyobou.pdf>

- ・社会福祉施設等向け新型コロナウイルス感染症対応早わかりブック

https://www.pref.osaka.lg.jp/chiikifukushi/corona_book/index.html

<厚生労働省>

- ・介護職員のための感染対策マニュアル

<https://www.mhlw.go.jp/content/12300000/000678255.pdf>

<日本環境感染学会>

- ・医療施設内での新型コロナウイルス感染症対応

http://www.kankyokansen.org/modules/news/index.php?content_id=393

*Japanese only