



Infection Control Measures

The following are infection control measures recommended by the Guilford County Department of Health and Human Services, Public Health Division, Environmental Health Program for long-term care facilities. Using these tips should assist in slowing or stopping the transmission of communicable viruses or diseases.

- Use a bleach and water solution for disinfecting hard surfaces such as door knobs and handles, light plates and switches, hand rails, telephones, remote controls, sinks, toilets, and showers. Recommended solution strength is one-third cup bleach to one gallon of water.
- Provide soap and paper towels in residents' bathroom for staff use so they can practice good hand washing techniques. Use warm water with soap for 20 seconds, then use paper towels to dry hands, turn off the faucet and open the door (if there is a door knob or handle).
- Wear disposable gloves when cleaning patient rooms. Clean bathroom fixtures last. Remove gloves, wash hands, and put on clean gloves before entering the next room.
- Wear a face mask for protection when cleaning up vomit or fecal incidents.
- Close lid on toilet when flushing to reduce aerosol dispersion.
- Confine sick patients to their rooms. Suspend group activities for the duration of the outbreak.
- During outbreaks, place symptomatic patients on Contact Precautions (staff wear gown and gloves when caring for patient) until they have been symptom free for 48 hours.
- Use disposable cups, plates, and utensils for sick patients. Dispose of all meal trash in a plastic bag in the trash receptacle in the patient's room. Do not return trash to the kitchen.
- Use bleach in the laundry cycle to wash sheets, towels, and any contaminated clothing.
- Do not enter the facility if you are sick or symptomatic. This applies to all employees, administrators, and visitors. Staff who become ill must be symptom-free for 48 hours before returning to work.
- Limit visitation. Post a notice on the front door informing visitors that the facility is experiencing transmission of a communicable virus or disease. Visitors can then make an educated decision about entry into the facility.
- Restrict admissions and transfers until the outbreak is over (i.e., no new cases for at least 48 hours).

For more information, contact the Environmental Health Program at (336) 641-3771.