



## Universal Precautions and Sanitary Practices Policy

### I. Policy

It is the policy of this DHS licensed provider (program) to follow universal precautions and sanitary practices, including hand washing, for infection prevention and control, and to prevent communicable diseases.

### II. Procedures

#### A. Universal precautions, sanitary practices, and prevention

Universal precautions apply to the following infectious materials: blood; bodily fluids visibly contaminated by blood; semen; and vaginal secretions. All staff are required to follow universal precautions and sanitary practices, including:

1. Use of proper hand washing procedure.
2. Use of gloves in contact with infectious materials.
3. Use of a gown or apron when clothing may become soiled with infectious materials.
4. Use of a mask and eye protection, if splashing is possible.
5. Use of gloves and disinfecting solution when cleaning a contaminated surface.
6. Proper disposal of sharps.
7. Use of gloves and proper bagging procedures when handling and washing contaminated laundry.

#### B. Control of communicable diseases ([Reportable Infectious Diseases: Reportable Diseases A-Z - Minnesota Dept. of Health](http://www.health.state.mn.us))(<http://www.health.state.mn.us>)

1. Staff will report any signs of possible infections or symptoms of communicable diseases that a person receiving services is experiencing to the Program Coordinator.
2. When a person receiving services has been exposed to a diagnosed communicable disease, staff will promptly report to other licensed providers and residential settings.
3. Staff diagnosed with a communicable disease, may return to work upon direction of a health care professional.

### TB Infection Control

Cherish owners will conduct an organizational Tuberculosis risk assessment and will be responsible to educate staff on symptoms and procedures. All newly hired staff must complete the Baseline TB Screening Tool for Health Care Workers form.

National guidelines indicate that tuberculin skin testing programs should be targeted to persons at high-risk for TB. In Minnesota, the most notable trend in the epidemiology of TB is the large and increasing number of cases of TB disease among foreign-born persons, with more than 80 percent of TB cases reported among persons born outside the U.S.

### What is Tuberculosis (TB)?

Tuberculosis is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.



Anyone can get TB. When someone who is sick with TB in their lungs coughs or sneezes, they can spray tiny TB germs into the air. If you spend time close to someone who is sick with TB in their lungs, you may breathe their TB germs into your lungs. This is how you get TB.

**You cannot get TB from shaking hands or from clothes, food, dishes, or touching objects.**

### **What Are the Symptoms of TB?**

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

### **How is TB Spread?**

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

### **What is Latent TB Infection?**

People with *latent TB infection* have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease. About 10% of people with LTBI develop active TB disease

### **What Should I Do if I Have Been Exposed to Someone with TB Disease?**

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. **If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.**

### **What Does a Positive Test for TB Infection Mean?**

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

### **How is TB Disease Treated?**

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. You may need to keep visitors away from your home.

NOTE: The website from the Minnesota Department of Health (MDH) is a resource for additional information.

<http://www.health.state.mn.us>

Policy reviewed and authorized by the Cherish owners at a formal Board of Directors meeting

Last policy review: 5/30/2019