

IPAC POCKET GUIDE

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MICROORGANISMS:

A-G

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Microorganisms
A-G

BEDBUGS

FYI:

1. Bedbugs cannot fly or jump
2. When visiting clients, bring in as few items as possible
3. Avoid placing bags close to furniture and walls, or place items in plastic bag that can be closed
4. When you arrive home, place your clothing in the dryer on the "hot" cycle for 30 minutes to kill any bugs that might be hitch hiking

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CHICKEN POX

(VARICELLA-ZOSTER)

Infectious Materials:

1. Respiratory secretions
2. Drainage from cutaneous lesions
3. Vesicle fluid

Signs and Symptoms:

1. Vesicle rash
2. Sometimes fever

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Infectious Materials: N/A

Image retrieved from https://en.wikipedia.org/wiki/Bed_bug



PPE:

- 1. Gown
- 2. Gloves
- 3. Boots

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Mode of Transmission:

- 1. Hitch Hiking—when bugs climb into or on bags, clothing or other items
- 2. Migration—when bugs move by walking into other rooms

BEDBUGS

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Duration of Precautions: Continue precautions until all vesicles have crusted for at least five days

File:Chickenpox_Adult_back.jpg
 commons.wikimedia.org/wiki/Image retrieved from: http://



Follow Routine Practices

PPE:

Mode of Transmission: Airborne

*Important: Only staff immune to varicella should enter room.

CHICKEN POX (VARICELLA-ZOSTER)

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Infectious Materials:

- 1. Drainage
- 2. Secretions
- 3. Excretions

PPE:

- 1. Gown
- 2. Gloves

Mode of transmission: Contact

CRE (CARBAPENEM-RESISTANT ENTEROBACTERIACEAE)

CRE

(CARBAPENEM-RESISTANT ENTEROBACTERIACEAE)

Signs & Symptoms:

1. Infection at body site
2. Asymptomatic if colonized

FYI:

1. CRE Bacteria likes moist and wet environments
2. It is typically located in the intestines

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C.DIFF

(CLOSTRIDIUM DIFFICILE-ASSOCIATED DISEASE)

Signs & Symptoms:

1. Diarrhea (loose, watery bowel movement)
2. Abdominal pain

Duration of Precautions:

Continue precautions until formed stool for at least two consecutive days

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GASTROENTERITIS

(DIARRHEA/ VOMITING)

Infectious Materials:

1. Feces
2. Vomit

Signs & Symptoms: Diarrhea may be accompanied by:

1. Abdominal pain,
2. Nausea,
3. Headache,
4. Vomiting, or
5. Fever

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CHICKEN POX

(VARICELLA-ZOSTER)

Infectious Materials:

1. Respiratory secretions
2. Drainage from cutaneous lesions
3. Vesicle fluid

Signs and Symptoms:

1. Vesicle rash
2. Sometimes fever

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<p style="text-align: center;"><u>GASTROENTERITIS</u> <u>(DIARRHEA/VOMITING)</u></p> <p>Mode of transmission: Contact</p> <p>PPF: 1. Gown 2. Gloves</p> <p>Duration of Precautions: Continue precautions until C. difficile and norovirus or other viral agents ruled out.</p> <p style="text-align: right;">11</p>	<p style="text-align: center;"><u>C.DIFF</u> <u>(CLOSTRIDIUM DIFFICILE-ASSOCIATED DISEASE)</u></p> <p>Mode of transmission: Contact</p> <p>PPF: 1. Gown 2. Gloves</p> <p>Infectious Materials: Feces</p> <p style="text-align: right;">9</p>
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<p style="text-align: center;"><u>GASTROENTERITIS</u> <u>(DIARRHEA/VOMITING)</u></p> <p style="text-align: right;">15</p>	<p style="text-align: center;"><u>GASTROENTERITIS</u> <u>(DIARRHEA/VOMITING)</u></p> <p>FYI: Norovirus is the most common cause of viral gastroenteritis in humans. Norovirus is highly contagious so remember to always adhere to proper hand hygiene and PPF</p> <p style="text-align: right;">13</p>
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MICROORGANISMS:

H-N

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Microorganisms
H-N

INFLUENZA

Infectious Material:

Respiratory secretions

Signs & Symptoms:

Fever, cough, sore throat, rhinitis, headaches, muscle ache, fatigue, weakness

FYI:

1. Remember to get your vaccination.
2. Elderly or immunocompromised clients/ patients may not have a febrile response.

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MENINGITIS

Mode of Transmission: Droplet & Contact

PPE:

1. Gown
2. Face Shield
3. Gloves

Infectious Materials:

Respiratory secretions

Signs & Symptoms:

Fever, intense headache, nausea, stiff neck, petechial rash, photophobia



Petechial Rash
Image retrieved from:
https://commons.wikimedia.org/wiki/File:Petechial_rash.jpg

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MRSA

METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS

Infectious Material:

1. Drainage
2. Secretions
3. Excretions

FYI:

MRSA bacteria likes wet and moist environments such as the nose and the intestines. Therefore, despite it being contact precautions, a surgical mask is recommended to protect your facial areas, especially the nose.

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MEASLES

Infectious Material: Respiratory secretions

Signs & Symptoms:
Fever, cough, runny nose, conjunctivitis, Koplik spots (white spots on the inner lining of the mouth), rash




Image retrieved from: <http://en.wikipedia.org/wiki/Measles>

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INFLUENZA

Mode of transmission: Droplet & Contact

PPE:
1. Gown
2. Face Shield
3. Gloves

Duration of Precautions:
Continue precautions for 5 days after onset of illness

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MUMPS

Important: Only staff immune to mumps should enter room

Mode of Transmission: Droplet & Contact

PPE:
1. Gown
2. Face shield
3. Gloves

Duration of Precautions:
Continue precautions for five days after onset of swelling

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MRSA

METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS

Mode of Transmission: Contact

PPE:
1. Gown
2. Face Shield
3. Gloves

Duration of Precautions: Respiratory secretions

Signs & Symptoms:
Fever, intense headache, nausea, stiff neck, petechial rash, photophobia

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MUMPS

Infectious Material: Respiratory secretions

Signs & Symptoms:

1. Fever
2. Swelling of the salivary glands
3. Headaches and muscle aches



Image retrieved at [http://commons.wikimedia.org/wiki/File:Parotiditis_\(Parotitis;_Mumps\).jpg](http://commons.wikimedia.org/wiki/File:Parotiditis_(Parotitis;_Mumps).jpg)

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MICROORGANISMS:

O-S

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Microorganisms
O-S

RUBELLA- ACQUIRED

*Important: Only staff immune to rubella should enter room

Mode of Transmission: Droplet & Contact

PPE

1. Gown
2. Face Shield
3. Gloves

Duration of Precautions:

Continue precautions for seven days after onset of rash

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RUBELLA- CONGENITAL

*Important: Only staff immune to rubella should enter room

Mode of Transmission: Droplet & Contact

PPE:

1. Gown
2. Face Shield
3. Gloves

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Continue precautions for 5 days after start of treatment or three weeks if not treated.

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Duration of Precautions:

1. Gown
2. Face Shield
3. Gloves

PPE:

Mode of transmission: Droplet & Contact

PERTUSSIS
(WHOOPIING COUGH)

PERTUSSIS

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Retrieved from [http://commons.wikimedia.org/wiki/File:Rash_of_rubella_on_back_\(crop\).jpg](http://commons.wikimedia.org/wiki/File:Rash_of_rubella_on_back_(crop).jpg)

Rash of Rubella



- Signs & Symptoms
1. Fever
 2. Maculopapular rash

Infectious Material: Respiratory secretions

RUBELLA-ACQUIRED

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Low birth weight, small head size, heart abnormalities, visual problems, bulging fontanelle, congenital rubella syndrome

Signs & Symptoms:

1. Respiratory secretions
2. Urine

Infectious Material:

Continue precautions for one year after birth, unless urine and nasopharyngeal cultures done after three months of age are negative.

Duration of Precautions:

RUBELLA-CONGENITAL

SCABIES

Mode of Transmission: Contact

PPE:

1. Gown
2. Gloves

Duration of Precautions:

Continue precautions until 24 hours after application of scabicide

Infectious Material: *Sarcoptes scabiei* mites

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SHINGLES– LOCALIZED

(HERPES ZOSTER)

*Important: Only staff immune to varicella should enter room

Mode of Transmission: Contact

PPE:

1. Gown
2. Gloves



Retrieved from http://commons.wikimedia.org/wiki/File:Shingles_on_the_chest.jpg

Duration of precautions:

Continue precautions until all lesions have crusted and dried

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SHINGLES– DISSEMINATED

(HERPES ZOSTER)

*Important: Only staff immune to varicella should enter room

Mode of Transmission: Airborne

PPE:

1. Follow routine practices

Duration of precautions:

Continue precautions until all lesions have crusted and dried

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STREPTOCOCCUS GROUP A

(STREPTOCOCCUS PYOGENES)

Mode of Transmission: Droplet & Contact

PPE:

1. Gown
2. Face shield
3. Gloves

Duration of precautions:

Continue precautions until 24 hours of effective treatment.

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<p style="text-align: center;"><u>SHINGLES-DISEMINATED</u> (<u>HERPES ZOSTER</u>)</p> <p>Infectious Material:</p> <ol style="list-style-type: none"> 1. Respiratory secretions 2. Wound drainage 3. Skin exudates <p>Signs & Symptoms:</p> <p>Fever, rash, severe pain, severe swelling, skin exudates</p> <p style="text-align: right;">39</p>	<p style="text-align: center;"><u>SHINGLES-LOCALIZED</u> (<u>HERPES ZOSTER</u>)</p> <p>Infectious Material:</p> <ol style="list-style-type: none"> 1. Respiratory secretions 2. Drainage from cutaneous lesions 3. Vesicle fluid <p>Signs & Symptoms:</p> <p>Vesical rash, sometimes fever, nerve pain</p> <p>FYI:</p> <p>Rashes appear on multiple dermatomes.</p> <p style="text-align: right;">37</p>
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<p style="text-align: center;"><u>SCABIES</u></p> <p>Mode of Transmission:</p> <ol style="list-style-type: none"> 1. Itching (mainly at night) 2. Rash and sores 3. Thick crusts on skin  <p>Retrieved from http://commons.wikimedia.org/wiki/File:ScabiesD04.jpg</p> <p>FYI:</p> <p>Mites don't survive away from the body for more than 3 days. An infested person can spread scabies even if they don't have a rash. The burrows of scabies usually occur in the finger webs, feet, wrists, back, buttocks, and external genitals.</p> <p style="text-align: right;">33</p>	<p style="text-align: center;"><u>SHINGLES-LOCALIZED</u> (<u>HERPES ZOSTER</u>)</p> <p>Infectious Material:</p> <ol style="list-style-type: none"> 1. Respiratory secretions 2. Drainage from cutaneous lesions 3. Vesicle fluid <p>Signs & Symptoms:</p> <p>Vesicle rash, sometimes fever, nerve pain</p> <p>FYI:</p> <p>Airborne precautions should be considered for clients that are immunocompromised.</p> <p style="text-align: right;">35</p>
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MICROORGANISMS:

T-Z

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TUBERCULOSIS– PULMONARY

Mode of Transmission: Airborne

PPE:

1. N95 Respirator

Duration of precautions:

Continue precautions until tuberculosis (TB) is ruled out. If confirmed with TB, continue precautions until patient has received two weeks of effective therapy, is improving clinically, and has three consecutive sputum smears negative that were collected 24 hours apart. If TB is multi-drug resistant, continue precautions until culture negative.

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Microorganisms T-Z

VRE

(VANCOMYCIN RESISTANT ENTEROCOCCI)

Mode of Transmission: Contact

PPE:

1. Gown
2. Gloves

Duration of precautions:

Continue precautions until discontinued by Infection Control

Signs & Symptoms: Asymptomatic if colonized. Infection occurs at body site.

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SHINGLES– DISSEMINATED

(HERPES ZOSTER)

Infectious Material:

1. Respiratory secretions
2. Drainage from cutaneous lesions
3. Vesicle fluid

Signs & Symptoms:

Vesical rash, sometimes fever, nerve pain

FYI:

Rashes appear on multiple dermatomes.

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<p style="text-align: center;"><u>TUBERCULOSIS-PULMONARY</u></p> <p>Infectious Material: Respiratory droplets</p> <p>Signs & Symptoms: Coughing blood up, night sweats, weakness, weight loss, fever</p> <p>HYI:</p> <p>Transmission requires prolonged, close contact with actively infected individual. Most people have "latent infection" that could become active if not treated.</p> <p style="text-align: right;">43</p>	<p style="text-align: center;"><u>TUBERCULOSIS-EXTRAPULMONARY</u></p> <p>HYI:</p> <p>No precautions required as long as pulmonary tuberculosis is ruled out, and there are no draining lesions.</p> <p style="text-align: right;">41</p>
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<p style="text-align: right;">47</p>	<p style="text-align: center;"><u>VRE</u></p> <p>(VANCOMYCIN RESISTANT ENTEROCOCCI)</p> <p>Infectious Materials:</p> <ol style="list-style-type: none"> 1. Drainage 2. Secretions 3. Excretions <p>HYI:</p> <p>VRE bacteria usually live in the intestines and found in the stool. VRE can live outside of the body for long periods of time</p> <p style="text-align: right;">45</p>
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PPE

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PPE

CONTACT PRECAUTIONS

(DONNING)

1. Hand Hygiene:



- Apply one pump of alcohol based hand rub
- Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs
- Rub hands together until product is dry.
- Do NOT use client's sink to clean hands

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CONTACT PRECAUTIONS

(DONNING)

3. Gloves:



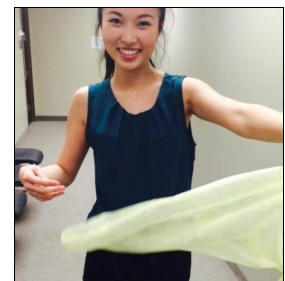
- Extend to cover wrist of isolation gown

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CONTACT PRECAUTIONS

(DOFFING)

2. Gown:



- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard

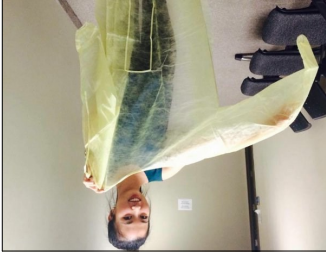
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CONTACT PRECAUTIONS

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CONTACT PRECAUTIONS (DONNING)

2. Gown:



- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
- Fasten in back of neck and waist.

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CONTACT PRECAUTIONS

(DOFFING)



1. Gloves:
 - Outside of gloves is contaminated
 - Grasp outside of glove with opposite gloved hand; peel off site gloved hand; peel off
 - Hold removed glove in gloved hand
 - Slide fingers of ungloved hand under remaining glove at wrist
 - Peel glove off over first glover
 - Discard gloves in waste container

DROPLET-CONTACT PRECAUTIONS

(DOFFING)

1. Hand Hygiene:



- Apply one pump of alcohol based hand rub
- Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs. Rub hands together until product is dry.
- Do NOT use client's sink to clean hands

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DROPLET & CONTACT PRECAUTIONS

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DROPLET- CONTACT PRECAUTIONS

(DONNING)

2. Gown:

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
- Fasten in back of neck and waist.



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DROPLET-CONTACT PRECAUTIONS

(DONNING)

4. Gloves:



- Extend to cover wrist of isolation gown

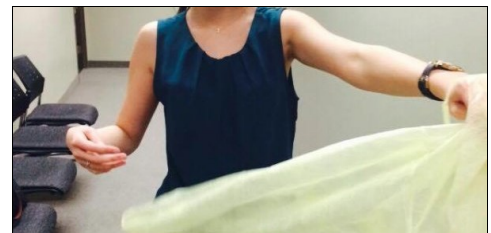
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CONTACT PRECAUTIONS

(DOFFING)

2. Gown:

- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



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DROPLET-CONTACT PRECAUTIONS

(DONNING)

1. Hand Hygiene:

- Apply one pump of alcohol based hand rub
- Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs. Rub hands together until product is dry.
- Do NOT use client's sink to clean hands



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DROPLET-CONTACT PRECAUTIONS

(DONNING)

3. Face Shield:



- Outside of face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container

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CONTACT PRECAUTIONS

(DOFFING)

1. Gloves:

- Outside of gloves is contaminated
- Grasp outside of glove with opposite gloved hand; peel off site gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glover
- Discard gloves in waste container



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DROPLET-CONTACT PRECAUTIONS

(DOFFING)

3. Face Shield:



- Outside of face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container

DROPLET- CONTACT PRECAUTIONS

(DONNING)

1. Hand Hygiene:



- Apply one pump of alcohol based hand rub
- Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs. Rub hands together until product is dry.
- Do NOT use client's sink to clean hands

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AIRBORNE PRECAUTIONS

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AIRBORNE PRECAUTIONS

(DONNING)

1. N95 Respirator:

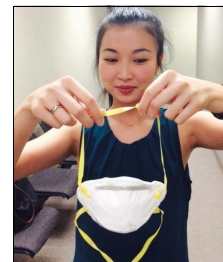


- Ensure you carry the correct model of N95 respirator
- Place over nose, mouth and chin (metal tab over the nose)
- Secure on head with top elastic (over top of head) followed by bottom elastic (over bottom of head)
- Pinch flexible nose piece over bridge of nose
- Perform a fit check:
 - Inhale: respirator should collapse
 - Exhale: check for leakage around face

AIRBORNE PRECAUTIONS

(DOFFING)

2. N95 Respirator:



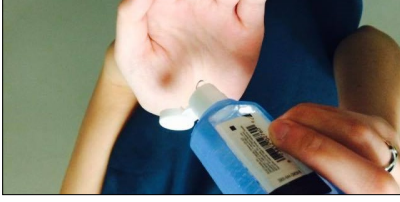
- Front of respirator is contaminated - DO NOT TOUCH!
- Grasp bottom, then top ties or elastics, and remove
- Discard in waste container

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AIRBORNE PRECAUTIONS

(DONNING)

1. Hand Hygiene:



• Apply

one pump of alcohol based hand rub

• Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs. Rub hands together until product is dry.

• Do NOT use client's sink to clean hands

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AIRBORNE PRECAUTIONS

(DOFFING)

1. Hand Hygiene:



• Apply one pump of alcohol based hand rub

• Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs. Rub hands together until product is dry.

• Do NOT use client's sink to clean hands

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AIRBORNE PRECAUTIONS

(DOFFING)

1. Hand Hygiene:



• Apply

one pump of alcohol based hand rub

• Spread product over all surfaces of hands, concentrating on finger tips, between fingers, back of hands and base of thumbs. Rub hands together until product is dry.

• Do NOT use client's sink to clean hands

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