



# MODULE THREE:

# Applied Health Services

*The information in this section has been adapted from the Centers for Disease Control and Prevention, National Center for Infectious Diseases. <http://www.CDC.gov/ncidod/op/handwashing.htm>*



# Objectives:

## Students will:

- Understand and become familiar with universal precautions.
- Learn the importance of good hygiene and handwashing.
- Learn proper handwashing techniques.
- Learn the proper technique for applying and removing gloves.

# Handwashing is the most important thing you can do to keep from getting sick:

When you wash your hands, you wash away bacteria and viruses that you have picked up from other people, dirty surfaces, and animals.



# What is the correct way to wash my hands?

- Wet your hands with warm water.
- Apply soap.
- Rub hands together and scrub really well.
- Be sure to get under fingernails and in between fingers.
- Scrub for about 10-15 seconds—about as long as it takes to sing the alphabet.
- Rinse hands of soap.
- Dry hands well with a clean paper towel or cloth.
- Turn off faucet with paper towel.

# What happens when I do not wash my hands?

- Bacteria and viruses are picked up and stay on your hands.
- You can pass them to other people when you touch them with your hands.
- Also, bacteria and viruses can get into your body when you touch your eyes, mouth, or nose with your hands.

# What if I do not have access to a sink and soap?

If possible, carry a waterless antibacterial hand sanitizer with you.



# What is the proper way to use hand sanitizer?

- Apply an amount about the size of a quarter to the palm of one hand.
- Rub your hands together using a “washing” motion (including your nails and between your fingers) until the cleanser has dried completely.

# What's so bad about a little germ?

- Some bacteria and viruses can make you sick; for example, the common cold is spread by a virus.
- Or they can cause much worse illnesses, such as diarrhea or vomiting.
- Some bacteria and viruses are especially dangerous for people with weak immune systems, like the elderly and those with immune deficiencies or cancer.



# When should I wash my hands?

- Whenever your hands look dirty
- Before preparing food
- After preparing food
- Before eating food
- After using the bathroom
- After touching pets
- After playing outside
- After blowing your nose
- Between each person or activity

# It is especially important to wash hands well when you are preparing food:

- If you handle food with bacteria or viruses on your hands, people who eat the food can ingest them.
- There are certain types of bacteria that grow rapidly once they get into food.



# When serving food:

- Keep food covered until served.
- Pick up utensils only by the handles.
- Don't touch the inner surface of glasses or plates.



# Universal Health Precautions



*The information in this section has been adapted from the Centers for Disease Control and Prevention, Division of Healthcare Quality Promotion, National Center for Infectious Diseases.*

# What are Universal Precautions?

Specific precautions designed to prevent harmful bacteria and viruses from infecting people who are providing first aid or health care.

# Universal Precautions

As defined by the Centers for Disease Control (CDC): Universal Precautions (UP) are a set of practices designed to prevent the transmission of HIV, Hepatitis B and other blood borne pathogens (bacteria and viruses). Under UP, blood and other body fluids of all patients are considered potentially infectious.

# UP recommends the use of Personal Protective Equipment



- Gloves
- Aprons
- Gowns
- Protective eyewear
- Face shields
- Masks

# Universal Precautions also include:

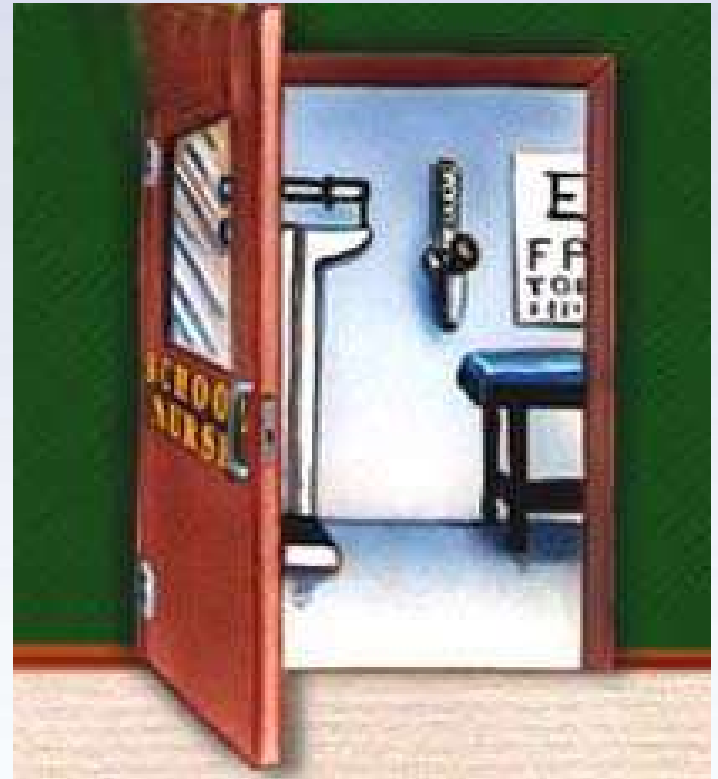
- Proper handling and disposal of needles.
- Taking precautions to prevent injury from scalpels, needles, and other sharp instruments.





# Where else are Universal Precautions used?

- Schools
- Daycare centers
- Shelters
- Ambulances
- Doctors' offices
- They should be used **EVERYWHERE!**



# When should I wear gloves?

- Anytime you may come in contact with blood or other body fluids such as urine, saliva, vomit, or the mucous membranes of the mouth or nose.
- When touching skin that may have sores, open wounds, cuts, or scratches.
- When handling any object that may have been soiled with blood or body fluids.
- When you have a cut or scratch on your hands.

# If I wear gloves, do I still have to wash my hands?

**YES!**

- Wash hands before putting on gloves.
- Wash hands immediately after removing gloves.
- Gloves should be changed every time you are in contact with a new person.

# Summary:

- Universal Precautions recommend that you treat all bodily fluids as if they are infected with a blood-borne disease.
- Personal protective equipment includes gloves, face shields or eyewear, gowns, aprons and masks.
- Wash hands before putting on gloves *and* immediately after removing gloves.
  - Wet your hands with warm water; apply soap and scrub really well 10-15 seconds. Rinse and dry.