



Infection Control

Essential procedures for care homes.

Please note – The information below is intended to provide an overview of infection control procedures in care homes. It should not be used in place of effective staff training.

Common Infections in Care Homes

- Norovirus
- C. diff
- Influenza
- Salmonella
- Coronavirus



Learn to Spot the Symptoms of Infection



Vomiting



Diarrhoea



Nausea



Headache



Fever



Abdominal pain



Coughing



Sneezing



Shortness of breath



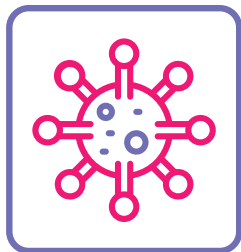
Loss of appetite



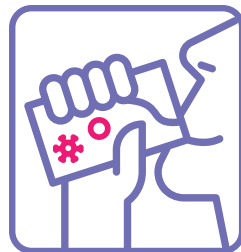
If two or more residents or staff display any of the symptoms on the left, declare an outbreak and follow your infection control procedures.

How Do Infections Spread?

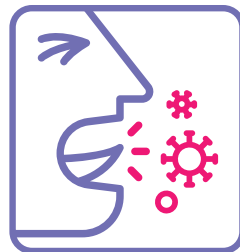
Understand the “chain of infection”. This is how residents might acquire an infection:



The pathogen
Virus, bacteria, and fungus.



The reservoir
Any vessels or vectors that could host a pathogen, including humans, animals, surfaces, equipment, food, and drink.



Transmission
How does the pathogen move from a host to a reservoir? Examples include sneezing, vomiting, coughing etc.



Spread
How do other staff and residents pick up the infection? Some are airborne and may be inhaled. Others are spread via hand contact.

Standard Infection Control Procedures for Care Homes

- Good hand hygiene (see below).
- Cough and sneeze etiquette (catch it, bin it, kill it).
- Use the right PPE for the right purpose.
- Wash any contaminated clothing or linen immediately, and separately from the main wash.
- Regular and ongoing cleaning procedures.



5 Moments For Hand Hygiene

Wash your hands thoroughly at these key points:



Before touching a resident



Before carrying out any cleaning or aseptic procedures.



After body fluid exposure risk (such as when a resident sneezes near you).



After touching a resident.



After touching a person's surroundings.

Resident Zoning and Isolation

- Some residents might be higher risk than others. For example, those with pre-existing medical conditions, and those taking antibiotics who may be immunocompromised.
- During an outbreak, try and separate any patients with an infection risk from any particularly vulnerable patients.
- Clean any areas where residents share facilities more frequently than you usually would.
- Keep residents informed of any actions you take.
- Also inform their relatives and restrict visitors until the outbreak's passed.



When Is An Outbreak Over?

You can declare the outbreak as over when 28 days have passed without any new cases of the infection.