

# IPC Bulletin for Care Homes

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Organised yearly by the Association for Professionals in Infection Control and Epidemiology( APIC), this years Infection Prevention Week theme is:



## Here are 10 IPC measures to help you in Preventing Infection

### 1. Always practice good hand hygiene before and after providing care to your residents

Use the [‘Your 5 moments for hand hygiene’](#) and carry out hand hygiene appropriately for every care intervention. All staff should be assessed at least annually on their hand hygiene technique. Support residents with their hand hygiene by providing skin wipes for those unable to access handwash basins.

### 2. Stay home if you are ill

Infections can spread easily in a care home setting. If you have an infection, stay at home until you are well. Staff who have viral gastroenteritis should stay at home until they are 48 hours symptom free. Encourage visitors to do the same.

### 3. Ensure resident’s take antibiotics appropriately

Help your residents to take antibiotics exactly as directed by the doctor and ensure they complete the full course. Remember, antibiotics will not treat colds and viruses.

### 4. Correct use of face masks

[Wear your face mask correctly](#) at all times when in the care home. Remove and dispose of the mask if you need to drink, eat or take a break, or if it becomes damaged, visibly soiled, damp, or uncomfortable to use. Only touch the elastic loops or ties when removing it.



### 5. Correct use of gloves

Gloved hands can spread germs so remember to remove them safely after each episode of care. Gloves need to be used when caring for residents with a confirmed or suspected infection or when there is a risk of exposure to blood and/or body fluids. **Remember, gloves are not a substitute for hand hygiene.**

### 6. Keep your vaccinations up-to-date

Care staff and residents should be up-to-date with their

routine vaccinations, COVID-19 and flu vaccinations.

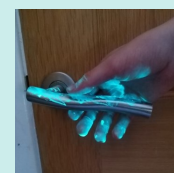
**Have you had your flu jab yet?**

### 7. Use natural ventilation and open some windows

Bringing fresh air into a room and removing older stale air that contains virus particles reduces the chance of spreading COVID-19. Open some windows if safe to do so during the day.

### 8. Keep the resident’s environment and equipment clean

An unclean environment or piece of care equipment provides the perfect breeding ground for bacteria. Shared equipment that is not decontaminated properly can spread infection between residents. Ensure the environment is free from clutter and damage, to allow for effective cleaning.



### 9. Provide residents with advice on infection control

Infection prevention and control is everyone’s responsibility, including residents and their visitors. Help them understand the importance of good infection control to keep themselves and other residents safe.

### 10. Know who your Infection Prevention Lead is

It is a requirement under *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance* that every care home has an Infection Prevention Lead who can promote and monitor infection control practices.

#### What’s new:

#### National Standard of Healthcare Cleanliness 2021

[www.england.nhs.uk/estates/national-standards-of-healthcare-cleanliness-2021/](http://www.england.nhs.uk/estates/national-standards-of-healthcare-cleanliness-2021/)

Visit our website to find lots of IPC resources, many of which are free to download. [www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

Call us on 01423 557340, or find us on:

