

Table 4. Isolation Precautions Recommended for Hospitalized Patients

Standard precautions

- Wash hands after touching blood, body fluids, secretions, excretions, or contaminated items, whether or not gloves are worn; wash hands promptly upon removing gloves and between patient contacts
- Use plain (nonantimicrobial) soap for routine handwashing
- Use antimicrobial soap or waterless antiseptic agent for special circumstances (e.g. for control of outbreaks)
- Wear clean, nonsterile gloves when touching blood, body fluids, secretions, excretions or contaminated items; remove gloves immediately after use
- Wear a clean, nonsterile gown during procedures and patient-care activities that are likely to generate splashes or sprays of blood, body fluids, secretions or excretions; remove gown as soon as possible, and wash hands
- Wear a mask and eye protection or face shield during procedures that are likely to generate splashes or sprays of blood, body fluids, secretions or excretions
- Handle contaminated patient-care equipment carefully, and ensure that reusable equipment is cleaned appropriately before it is used for another patient
- Housekeeping personnel should routinely clean environmental surfaces of beds, bedrails, bedside equipment, and other frequently touched items
- Handle soiled linen in a manner that prevents skin exposure and contamination of clothing

Contact precautions

- Place patient in a private room or in a room with another patient who is infected with the same organisms (cohorting)
- Wear clean nonsterile gloves when entering patient's room
- Change gloves during course of care and after contact with infective material
- Remove gloves upon leaving patient's room
- Wash hands with an antimicrobial soap or waterless antiseptic agent after removing gloves
- Wear a gown when entering room if substantial contact with the patient or environmental surfaces in the room are anticipated, or if the patient has wound drainage not contained by a dressing; remove gown before leaving patient's room
- Limit transport of patient from the room to essential purposes only
- When possible, dedicate the use of noncritical equipment to a single patient or cohort of patients; if use for another patient is unavoidable, adequately clean and disinfect item before use for another patient
- No special precautions are needed for dishes, glasses and other eating utensils

From Centers for Disease Control and Prevention