Medical Needs Shelter
Infection Control Practices for Guests and Volunteers

1. The best defense against catching an illness is good hand-washing.

   Wash hands before eating, before touching food, and after using the bathroom.

   Good hand-washing: use soap and water, rub hands together vigorously for 10 seconds, rinse, and dry completely.

   Use hand sanitizer between soap and water washings often.

2. Keep all sores or wounds clean, dry, and covered.

3. Use a bleach and water solution (1 tablespoon bleach: 1 quart of water) to sanitize bathrooms, floors, cots, and diaper changing surfaces.

4. Wear gloves if touching body fluids, trash, or laundry.

5. Do not put your hands or arms in trash cans. Keep trash lined with plastic bags and store away from living areas. Secure trash carefully. There may be something contagious or sharp that you cannot see – handle cautiously.

6. Do not share personal items such as food, drinks, towels, combs, or toothbrushes.

7. Encourage guests and other volunteers to practice good hygiene. Report any draining wounds to nursing staff. If you are exposed to blood or body fluids please report to the nursing director immediately.