

### ⚙️ Transmission-based precautions

| Type                        | PPE                                 | Room                | Examples                                                       |
|-----------------------------|-------------------------------------|---------------------|----------------------------------------------------------------|
| Airborne (<5 microns)       | N95 or higher, fit-tested           | Negative pressure   | TB, measles (rubeola), varicella                               |
| Droplet (>5 microns, ~3 ft) | Surgical mask within 3 ft           | Door may stay open  | Influenza, pertussis, meningococcal meningitis, mumps, rubella |
| Contact                     | Gloves + gown on entry              | Dedicated equipment | MRSA, VRE, RSV, <i>C. difficile</i> , scabies, draining wounds |
| Protective (reverse)        | Gloves, gown, mask; screen visitors | Positive pressure   | Neutropenia, transplant, chemotherapy                          |

- ✓ **Standard precautions apply to every client**, always; transmission-based precautions are added on top
- ✓ **Negative pressure** — air flows *in*, not out (think sucking in). **Positive pressure** — air flows *out*, not in (think blowing out)
- ✓ **Protective isolation** — no fresh flowers, plants, raw foods, or sick visitors
- ✓ **Mask the client during transport** for airborne and droplet; cover draining wounds for contact; notify the receiving department

### 👤 PPE sequence

- ✓ **Don** — gown → mask/respirator → goggles/face shield → gloves (over the gown cuffs)
- ✓ **Doff** — gloves → goggles/face shield → gown → mask/respirator
- ✓ **Gloves come off first because they are dirtiest; the mask comes off last, outside the room.** Hand hygiene before donning, after doffing, and any time contamination is suspected
- ✓ **Alcohol rub is not enough for *C. difficile* or norovirus** — soap and water, because alcohol is ineffective against spores and non-enveloped viruses
- ✓ Change gloves between procedures on the same client; never wear the same PPE between clients; replace PPE that is torn, wet, or visibly soiled

### 🛡️ Surgical asepsis

- ✓ Only sterile touches sterile. Anything **below waist level or out of your sight is contaminated**
- ✓ The **outer 1-inch border** of a sterile field is contaminated once exposed
- ✓ Never reach over the field or turn your back on it. Keep it **dry** — moisture wicks microorganisms across by capillary action
- ✓ **When sterility is in doubt, it is contaminated.** Discard and re-obtain
- ✓ Open packages away from your body; “lip” a sterile solution by discarding the first pour; pour slowly to avoid splashing
- ✓ Required whenever skin or mucous membranes are broken, a sterile cavity is entered, or an open wound is exposed — central lines, urinary catheters, sterile dressing changes, surgery