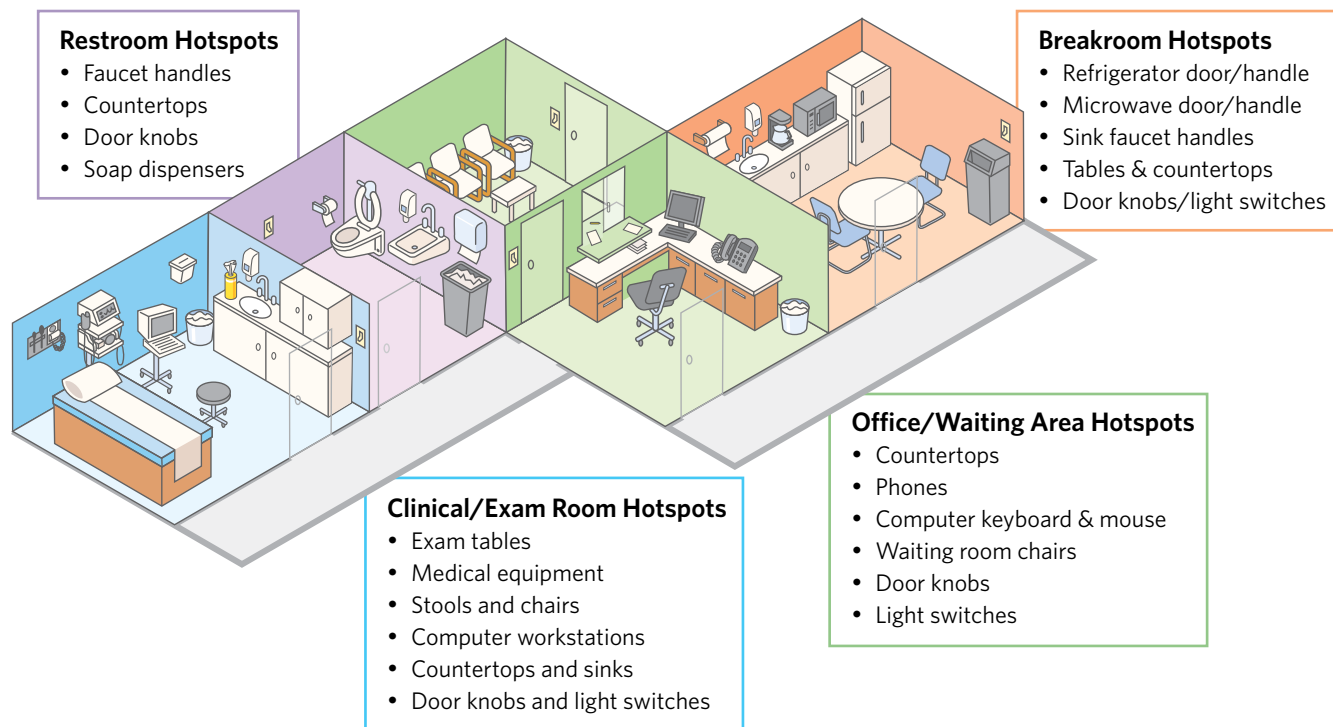


# Germs, Dust and Dirt Can Be Everywhere

In your busy office, pathogens can be transmitted quickly and surfaces are easily soiled. Hands, surfaces and equipment can all be contaminated. You can play an important role in keeping patients, staff and visitors safe — by following infection control guidelines.

Pathogens are not just confined to the clinical areas of your practice, but can spread throughout the facility—from the reception area to the exam room, and from the restroom to the breakroom. Germs can be in every room, on almost any surface.

## Germy Hot Spots in Healthcare Offices



### Did you know?

- Almost 80% of infectious diseases are transmitted by touch.<sup>1</sup>
- Patients may carry pathogens like MRSA or bloodborne pathogens and not show symptoms.
- Hard and soft surfaces are commonly contacted sites and can pose cross-contamination risks.<sup>2</sup>
- Common pathogens such as MRSA, cold & flu viruses, and bloodborne pathogens can survive on hard and soft surfaces for days, weeks, even months.<sup>3</sup>

### Be in-the-know.

The CDC has key recommendations for surfaces in outpatient healthcare settings.<sup>4</sup>

- 1. Establish policies and procedures** for routine cleaning and disinfection of environmental surfaces, focusing on those surfaces in proximity to patients and those that are frequently touched.
- 2. Select EPA-registered disinfectants** or disinfectants with label claims for use in healthcare.
- 3. Follow manufacturer's recommendations** for use of cleaners and EPA-registered disinfectants (e.g., amount, dilution, contact time, safe use, and disposal).

OSHA and other regulatory agencies can enforce guidelines.



1. Tierno, P. *The Secret Life of Germs*. New York, NY, USA: Atria Books, 2001.

2. Neely, Alice N. "Persistence of Microorganisms on Common Hospital Surfaces: Strategies to Control Their Dissemination." *Infection Control Resource* Vol. 4, No. 4.

3. Kramer, A.; Schwebke, I.; Kampf, G. How long do nosocomial pathogens persist on inanimate surfaces? A systematic review. *BMC Infect. Dis.* 2006, 6, 130.

4. Centers for Disease Control and Prevention (CDC). (n.d.). Guide to Infection Prevention for Outpatient Settings: Minimum Expectations for Safe Care | HAI | CDC. Retrieved May 26, 2017, from <https://www.cdc.gov/HAI/settings/outpatient/outpatient-care-guidelines.html>