## Transmission Based Precautions

**A guide for healthcare workers**

<table>
<thead>
<tr>
<th>Type of precautions</th>
<th>Standard</th>
<th>Contact</th>
<th>Droplet</th>
<th>Airborne</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mask</strong></td>
<td>As per Standard Precautions</td>
<td>As per Standard Precautions</td>
<td>Surgical mask</td>
<td>P2 (N95) mask</td>
</tr>
<tr>
<td><strong>Eye wear</strong></td>
<td>As per Standard Precautions</td>
<td>As per Standard Precautions</td>
<td>As per Standard Precautions</td>
<td>Negative pressure</td>
</tr>
<tr>
<td><strong>Gown or apron</strong></td>
<td>As per Standard Precautions</td>
<td>As per Standard Precautions</td>
<td>As per Standard Precautions</td>
<td>Negative pressure</td>
</tr>
<tr>
<td><strong>Gloves</strong></td>
<td>√</td>
<td>√</td>
<td>√</td>
<td>√</td>
</tr>
<tr>
<td><strong>Single room</strong></td>
<td>√</td>
<td>√</td>
<td>√</td>
<td>√</td>
</tr>
</tbody>
</table>

Please note that healthcare facilities may recommend a combination of precautions for some infectious conditions. Please consult local policy and procedures and/or your facilities infection control personnel for further information or advice.

Please consult the ‘Australian Guidelines for the Prevention and Control of Infection in Healthcare’ for a full list of the type of precautions to be used for specific diseases/conditions.
The basics of infection prevention and control

Infection prevention and control involves implementing work practices that reduce the risk of transmission of infectious agents through a two-tiered approach:

- **Standard Precautions** - routinely applying basic infection prevention and control strategies to minimise infection risks to both patients and healthcare workers.

- **Transmission Based Precautions** – used in addition to standard precautions when managing patients suspected or known to be being infected with particular agents transmitted by the contact, droplet or airborne routes.

What are transmission based precautions?

Transmission based precautions are work practices that are used when the route of transmission of an infectious agent is not interrupted by using Standard Precautions alone.

Use transmission-based precautions when caring for patients known or suspected of being infected with agents transmitted by contact, droplet or airborne routes.

Transmission based precautions are used in addition to standard precautions.

Visitors must be given information about correct procedures when transmission based precautions are in place.

<table>
<thead>
<tr>
<th>Contact transmission</th>
<th>Droplet transmission</th>
<th>Airborne transmission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct contact – infectious agents are transferred directly from one person to another person without a contaminated intermediate object or person.</td>
<td>Respiratory droplets carrying infectious agents are transmitted directly, generally over a short distance, from the respiratory tract of an infectious person to the susceptible mucosal surfaces of another person.</td>
<td>Fine airborne particles containing infective agents are dispersed over long distances by air currents and can be inhaled by susceptible persons.</td>
</tr>
<tr>
<td>Indirect contact – infectious agents are transferred between one person to another or many people, via a contaminated intermediate object.</td>
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</tr>
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</table>

Outline of Transmission Based Precautions

**Contact Precautions**

- Single patient room. Ensuite preferred. Consult infection control if none available.
- Staff to perform hand hygiene, put on gown/apron and gloves prior to entering patient room and when anticipating contact with the patient or their surroundings.
- Remove gown/apron and gloves and perform hand hygiene after leaving room.
- Clean and disinfect non-disposable equipment and items when removed from patient room.

**Droplet Precautions**

- Single patient room with ensuite. Consult infection control if none available.
- Staff to put on surgical mask when entering room and remove and dispose of mask after leaving room and perform hand hygiene.
- Instruct patient about respiratory hygiene and cough etiquette.
- Limit patient movement outside the room to medically-necessary purposes.
- Patient to put on a surgical mask when leaving room.

**Airborne Precautions**

- Single negatively pressured room with ensuite.
- Door to remain closed
- Staff to put on N95/P2 mask when entering patient room and remove and dispose of mask and perform hand hygiene after leaving room.
- Instruct patient about respiratory hygiene and cough etiquette.
- Patient to put on surgical mask when leaving room.

**Other Issues**

- More than one type of transmission based precaution needs to be used in cases where an infectious agent has more than one route of transmission.
- Staff should be prepared to explain the requirements of transmission based precautions.