

# Scavenger Hunt Instructions



This activity is an interactive and fun way to learn about infection control. By participating, you and your team will stay informed about best practices to prevent the spread of germs in your facility. Use this as a team building exercise, when your staff is in need of a refresher regarding infection control practices and when onboarding new staff.

Good Luck!

## *Activity Topics:*

*Hand Hygiene*

*PPE*

*Cleaning & Disinfecting*

- 1) This activity takes approximately 15 minutes to complete.
- 2) Print and hang the posters (pages 2-8) in your facility in breakrooms, nurses' stations and hallways.
- 3) Give copies of the quiz (pages 9-10) to your team.
- 4) Staff will use the information on the posters to answer the quiz questions.
- 5) Use the answer key (page 11) to review the correct answers with the team.
- 6) Take the opportunity to discuss anything your team might have additional questions about.



# PROJECT FIRSTLINE

CDC's National Training Collaborative for Healthcare Infection Control

In healthcare, we have patients who are ill or weak. Germs are more likely to cause problems in these patients, because their immune defenses may not be the same as someone who is healthy and living at home.



## Cleaning

- Removes things like dust, dirt, spills and everyday messes from surfaces, along with some germs

## Disinfecting

- Kills germs

Don't wipe surfaces to dry them faster

Don't blow on surfaces to dry them faster

## Contact Time

- Also called "wet" time or "dwell" time
- The amount of time a disinfectant needs to sit on a surface without being wiped away or disturbed, to kill germs

Only use cleaning and disinfecting supplies approved by your facility



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**Hand hygiene** means cleaning your hands by either washing hands with soap and water, or antiseptic hand wash, using antiseptic hand rub (like alcohol-based hand sanitizer including foam or gel), or surgical hand antisepsis.



Rub hands 20 seconds  
for either method

## When to Use Alcohol-Based Hand Sanitizer

- Before and after physical contact with a patient
- Before putting on and after removing gloves
- After handling soiled or contaminated items and equipment (including linens)
- Before performing invasive procedures
- Before handling sterile or clean supplies

## When to Use Soap and Water

- When you see your hands are dirty or soiled with blood and/or bodily fluids
- Before and after eating or handling food
- After personal use of the bathroom
- When caring for patients with suspected or confirmed *C. difficile* or norovirus

**Germs can live under artificial fingernails** both before and after using an alcohol-based hand sanitizer and handwashing



# GERMS CAN LIVE ON DRY SURFACES.

## WHERE IS THE RISK?

Know where germs live to stop spread and protect patients



- Germs found on the body, in the air, and in stool can often be found on dry surfaces, and some can live for a long time.
- Dry surfaces include “high-touch” surfaces like bed rails, door handles, and light switches. They also include countertops, bed curtains, floors, and things that might not be touched as often.
- Hands can pick up germs from dry surfaces and move them to other surfaces and people.
- Germs from dry surfaces can also get onto devices that are used on or in patients.

## Germs That Live on Dry Surfaces

- *Clostridioides difficile* (*C. diff*)
- Norovirus
- *Candida* (including *C. auris*)
- Rotavirus



## Healthcare Tasks Involving Dry Surfaces

- Anything involving touch
- Using devices
- Patient transport

## Infection Control Actions to Reduce Risk

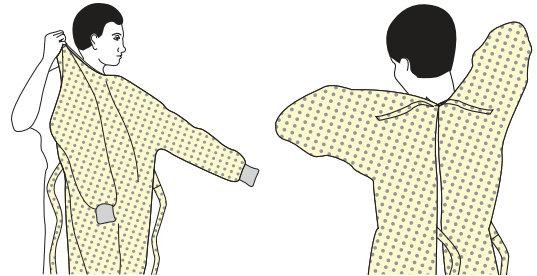
- Cleaning and disinfection
- Device sterilization
- Hand hygiene
- Use of personal protective equipment (gloves and gowns)

# SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

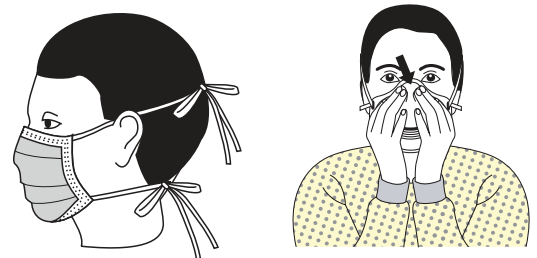
## 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



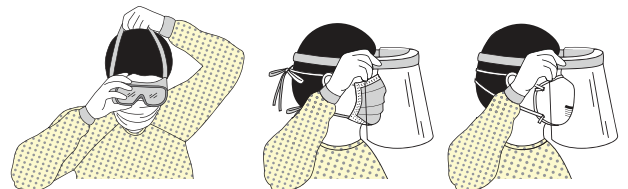
## 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



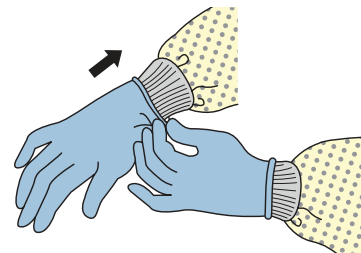
## 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



## 4. GLOVES

- Extend to cover wrist of isolation gown



## USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



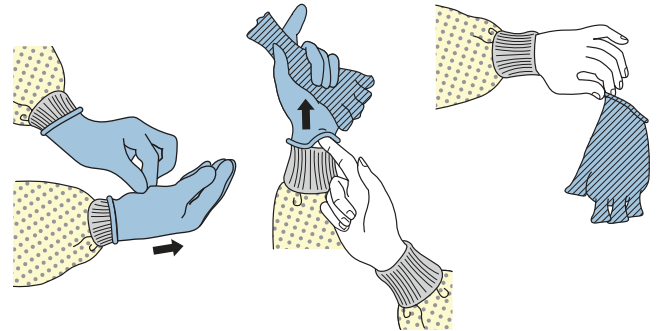
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



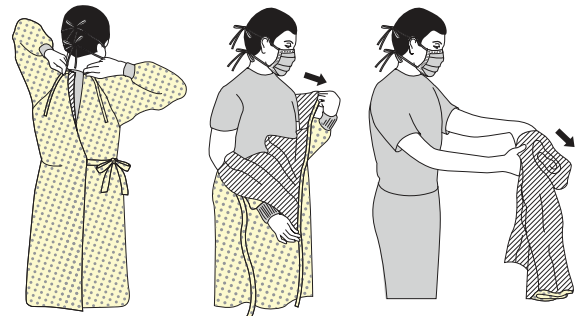
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



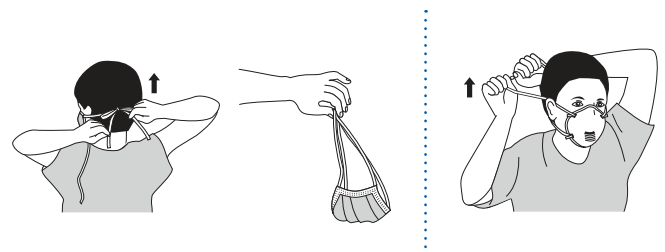
### 3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

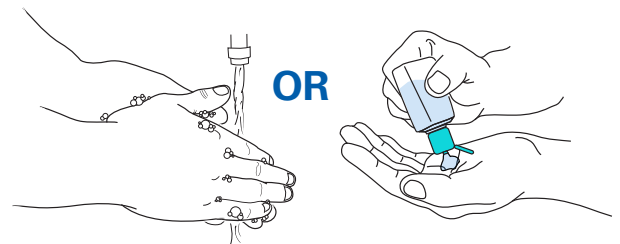


### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**

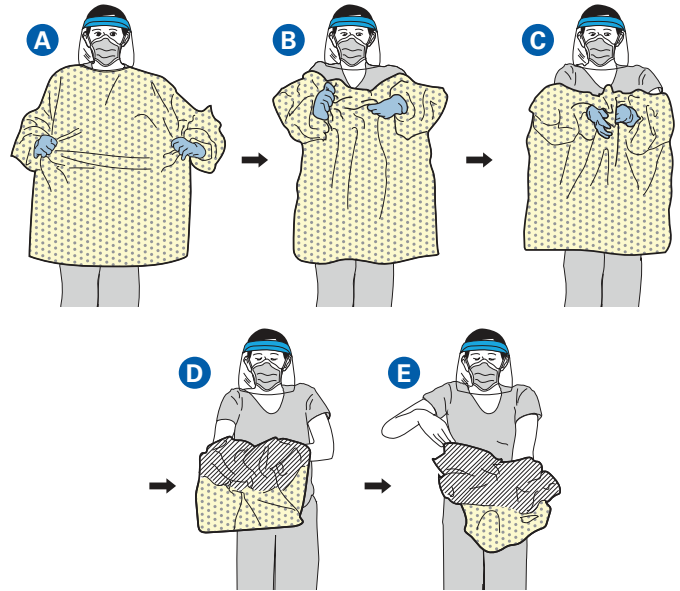


# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

## 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



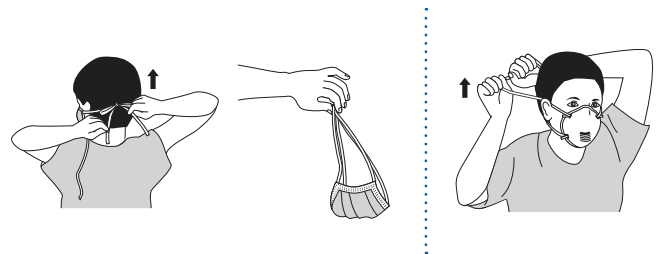
## 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

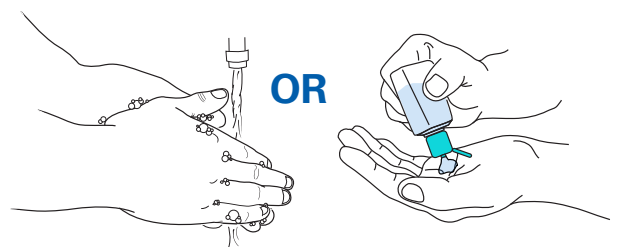


## 3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



## 4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**





# How to Read a Disinfectant Label

Read the entire label.

The label is the law!

Note: Below is an **example** of information that can be found on a disinfectant label

## Active Ingredients:

What are the main disinfecting chemicals?

## EPA Registration Number:

U.S. laws require that all disinfectants be registered with EPA.

## Directions for Use (Instructions for Use):

Where should the disinfectant be used?

What germs does the disinfectant kill?

What types of surfaces can the disinfectant be used on?

How do I properly use the disinfectant?

## Contact Time:

How long does the surface have to stay wet with the disinfectant to kill germs?



### ACTIVE INGREDIENTS:

Alkyl (60% C14, 30% C16, 5% C12, 5% C18)  
Dimethyl Benzyl Ammonium Chloride .....10.0%  
**OTHER INGREDIENTS:** .....90.0%  
**TOTAL:** .....100.0%

EPA REG NO. 55555-55-55555

## CAUTION

### Directions for Use

#### INSTRUCTIONS FOR USE:

It is a violation of Federal law to use this product in a manner inconsistent with its labeling.

#### For Disinfection of Healthcare Organisms:

*Staphylococcus aureus*,  
*Pseudomonas aeruginosa*.

#### To Disinfect Hard, Nonporous Surfaces:

Pre-wash surface.  
Mop or wipe with disinfectant solution.  
Allow solution to stay wet on surface for at least 10 minutes.  
Rinse well and air dry.



EXP MM-DD-YYYY



### PRECAUTIONARY STATEMENTS:

Hazardous to humans and domestic animals. Wear gloves and eye protection.

**CAUSES MODERATE EYE IRRITATION.** Avoid contact with eyes, skin or clothing. Wash thoroughly with soap and water after handling. Avoid contact with foods.

**FIRST AID: IF IN EYES:** Hold eye open and rinse slowly and gently with water for 15-20 minutes. Remove contact lenses, if present, after the first 5 minutes, then continue rinsing eye. **IF ON SKIN OR CLOTHING:** Take off contaminated clothing. Rinse skin immediately with plenty of water for 15-20 minutes.

**POISON CONTROL:** Call a Poison Control Center (1-866-366-5048) or doctor for treatment advice.

**STORAGE AND DISPOSAL:** Store this product in a cool, dry area away from direct sunlight and heat. When not in use keep center cap of lid closed to prevent moisture loss. Nonrefillable container. Do not reuse or refill this container.

## Signal Words (Caution, Warning, Danger):

How risky is this disinfectant if it is swallowed, inhaled, or absorbed through the skin?

## Precautionary Statements:

How do I use this disinfectant safely? Do I need PPE?

## First Aid:

What should I do if I get the disinfectant in my eyes or mouth, on my skin, or if I breathe it in?

## Storage & Disposal:

How should the disinfectant be stored? How should I dispose of expired disinfectant? What should I do with the container?





# PROJECT FIRSTLINE

CDC's National Training Collaborative for Healthcare Infection Control

## Scavenger Hunt Quiz

Use the Project Firstline flyers hanging in the facility to answer the questions about **cleaning and disinfecting, hand hygiene and PPE.**

1) List 2 situations when you use soap and water for hand hygiene.

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2) Draw a line from the PPE to the correct order you should put it on.

- |                      |   |
|----------------------|---|
| Mask/Respirator      | 1 |
| Goggles/ Face Shield | 2 |
| Gloves               | 3 |
| Gown                 | 4 |

3) What is cleaning?

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4) Disinfectant labels have information about first aid.  True  False

5) In what order should you remove gloves, gown, face shield and mask?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

6) It is okay to wipe the surface to make a disinfecting product dry faster.

True  False

7) Germs can live under artificial fingernails both before and after using an alcohol-based hand sanitizer and handwashing.  True  False

8) What should you do immediately after removing all

PPE? \_\_\_\_\_



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## Scavenger Hunt Quiz

Use the Project Firstline flyers hanging in the facility to answer the questions about **cleaning and disinfecting, hand hygiene and PPE.**

9) What is contact time?

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10) Write 2 directions/instructions for use listed on the "How to Read a Disinfectant Label" poster.

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11) Name 2 high touch surfaces where germs can be found.

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12) List 3 situations when alcohol-based hand sanitizer is recommended.

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13) Hands can pick up germs from dry surfaces and move them to other surfaces and people.  True  False

14) What's your biggest challenge with performing hand hygiene?

Hand sanitizers and/or sinks aren't available in convenient places when I need them

Hand hygiene irritates my skin

I don't have time

It's not clear in my facility when to use hand sanitizer versus washing with soap and water

Other: \_\_\_\_\_



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## Scavenger Hunt Quiz ANSWER KEY

- 1) Wash hands with soap and water when your hands are dirty, soiled with blood or bodily fluids, before or after eating or handling food, after personal use of the bathroom, when caring for patients with suspected or confirmed *C. difficile* or norovirus.
- 2) Draw a line from the PPE to the correct order you should put it on.  

2-Mask/Respirator	←	1
3-Goggles/ Face Shield	←	2
4-Gloves	←	3
1-Gown	←	4
- 3) Cleaning removes things like dust, dirt, spills and everyday messes from surfaces along with some germs.
- 4) Disinfectant labels have information about first aid. TRUE
- 5) Depending on how you advise staff at your facility, remove PPE in this order for Example 1: 1) gloves 2) goggles/face shield 3) gown 4) mask/respirator OR remove PPE in this order for Example 2: 1) gown & gloves 2) goggles/face shield 3) mask/respirator.
- 6) It is okay to wipe the surface to make a disinfecting product dry it faster. FALSE
- 7) Germs can live under artificial fingernails both before and after using an alcohol-based hand sanitizer and handwashing. TRUE
- 8) Perform hand hygiene immediately after removing all PPE.
- 9) Contact time is the amount of time a disinfectant needs to sit on a surface without being disturbed to kill germs.
- 10) Directions for use on the "How to Read a Disinfectant Label" poster: Where should the disinfectant be used?, What germs the disinfectant kills?: What types of surfaces can the disinfectant be used on?, How do I properly use the disinfectant?
- 11) High touch surfaces include bed rails, doorknobs, light switches but also countertops, bed curtains, floors and things that might not be touched as often.
- 12) Alcohol-based hand sanitizer is recommended before or after physical contact with a patient, before putting on and after removing gloves, after handling soiled or contaminated items and equipment, before performing invasive procedures, before handling sterile or clean supplies.
- 13) Hands can pick up germs from dry surfaces and move them to other surfaces and people. TRUE
- 14) Use answers to this question to start a conversation about challenges to performing hand hygiene.