



Rehearsal Guide

Reducing the Spread of Infection

Preparing people with intellectual disability/autism (ID/A) to reduce the spread of infection.

Introduction for Caregivers

A rehearsal guide contains realistic pictures, concrete ideas, and clear, brief instructions for guiding a person through what can be expected in a specific situation. It includes helpful suggestions for caregivers to follow to make the experience meaningful for the person and increase the likelihood of a successful outcome. This approach is beneficial when supporting people with intellectual disabilities/autism (ID/A) who are anxious about situations such as doctors' appointments, hospitalizations, and medical testing.

A rehearsal guide provides opportunities for the caregiver to assist the person to learn about a specific situation. It contains information on what is needed and why and explains exactly what can be expected. Such a guide is most effective when it is person-centered and used in conjunction with discussion to allow exploration of specific areas of concern. It can be a powerful tool when used as intended.

The expected result is that the person will then experience the situation in a way that supports health and well-being by being prepared and knowing what to expect. The guide can be used at all stages of the situation to facilitate a positive end result.

Thank you for taking the time to use this tool to work with self-advocates to improve their health outcomes.

How to Use This Rehearsal Guide

For best results, begin to review this rehearsal guide with the person prior to the day of the appointment. Sometimes it will help to review this material with an individual several days or weeks before an appointment; other times, it may be better to wait to review this material until just before the procedure is to take place, perhaps the day before or the morning of the procedure. Together with the individual, determine which will best suit the individual's needs and abilities in understanding the information provided; however, it is important not to wait until 5 minutes before a procedure to introduce this guide to an individual. Give the individual enough time in advance to become familiar with the procedure based on the pictures and information contained on each page and with the individual's abilities in mind.

It is best to review this guide slowly and to focus on one idea/page at a time, allowing the person to talk and/or ask questions after each idea/page is presented. A caregiver may want to share personal experiences related to having this procedure done but be sure to do so in a positive manner, depicting a positive outcome.

For Best Practices

- ✓ Allot time to review this material when the individual is alert and interested in doing so.
- ✓ Ensure that the setting is free from distraction. Based on the individual's attention span, it may be best to review one page at a time, rather than reviewing an entire guide in one sitting.
- ✓ Explain each picture and practice the suggested exercises with the individual, such as deep breathing, as they appear throughout the guide.
- ✓ On the day of the procedure, take this guide along to continue rehearsing the various steps involved in the procedure. Review each page step by step.
- ✓ Remain positive, calm, and upbeat.
- ✓ Remember to offer positive reinforcement throughout the procedure. If the procedure is not able to be completed, focus on positive aspects. If the individual seems upset, talk about it later when they are calm to find out how they felt and what could be changed or improved to have a better outcome the next time.

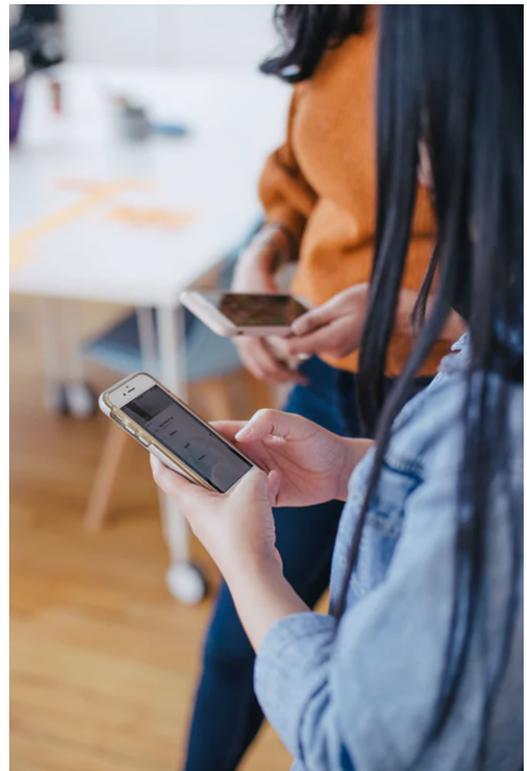
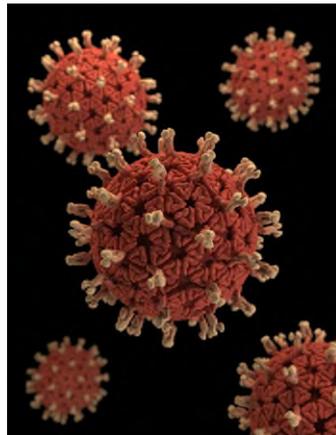
How Infections Spread

(Name of individual), you are going to learn about how infections spread.

Germs are a part of everyday life and are found everywhere.

Some germs are helpful, and other germs are harmful.

A small number of germs cause infections.

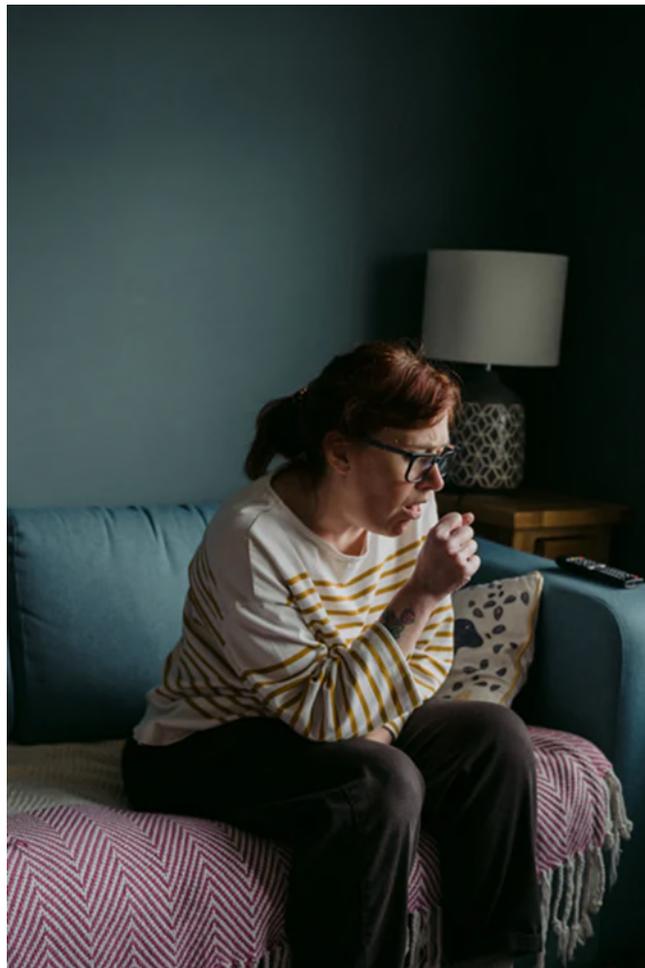


How do Infections Happen?

Infections happen when germs enter your body, grow, and cause problems in your body.

For an infection to happen, there must be a place where germs start and a way for germs to get inside a body to live and grow.

For an infection to spread, germs need a way to move out of one person's body and into another person's body.



How do Germs Spread?

Germs need people and things to move.

Germs can move when the person they live in touches another person or touches a thing.

Germs can also move in the wet spray that happens when a person coughs or sneezes.

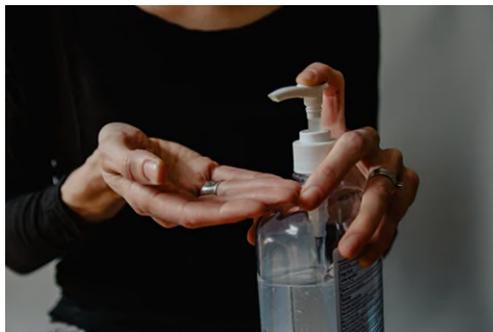


Coughing and Sneezing

A cough or sneeze can send germs 3 to 6 feet from you.

When you cough or sneeze:

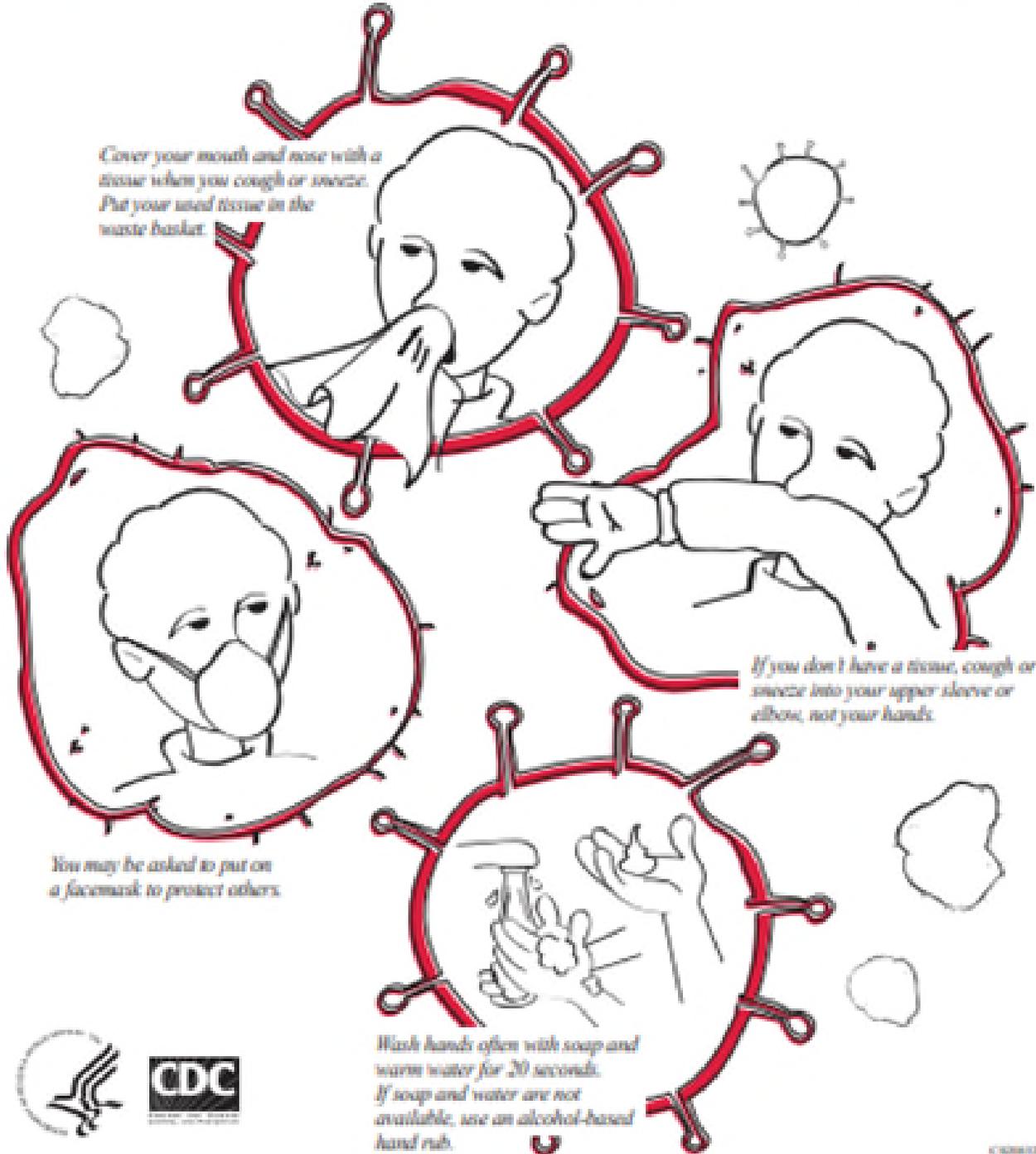
- Turn your face away from people
- Cover your mouth and nose with a tissue and put the tissue in the trash can right away
- Use your elbow if you do not have a tissue
- Wash your hands with soap and water
- Use and alcohol-based hand sanitizer if soap and water are not available



Cover Cough

— *Stop the spread of germs that can make you and others sick!* —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



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Wash Hands

Another way to keep yourself and the people you live with from getting sick is to wash your hands – a lot!



When to wash your hands:

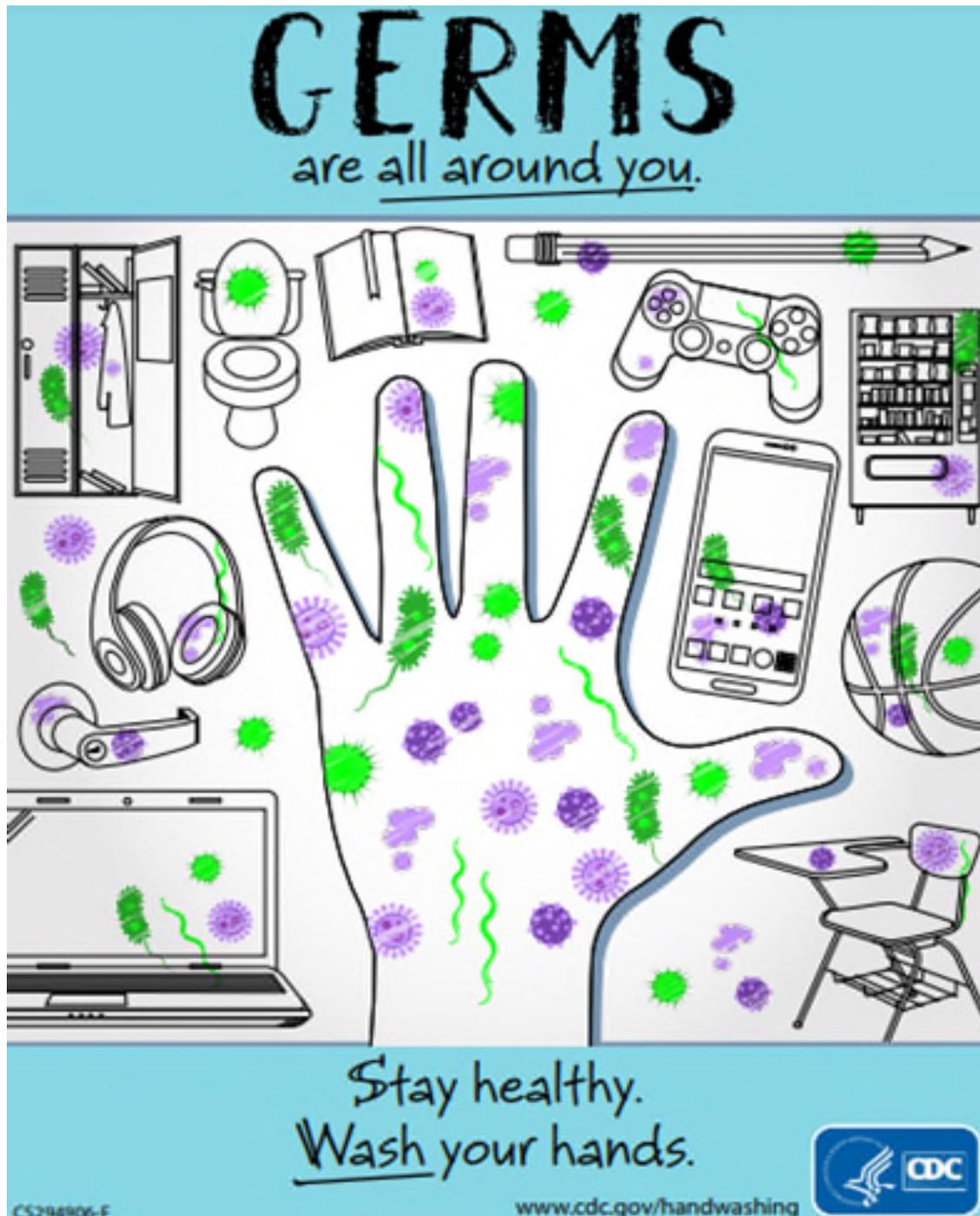
- After a cough, sneeze, or blow your nose
- After you use the toilet
- After you come home from a public place
- Before, during, and after you prepare food
- Before you eat
- Before and after you treat a cut or sore
- After you change a diaper or help clean after a child uses the toilet
- After touching garbage

Five Steps for Washing Hands

1. Wet hands with water
2. Put soap on hands
3. Scrub hands for at least 20 seconds
4. Rinse hands well
5. Dry hands using a clean towel or let air dry them



Now that you know what germs are and how they spread from person to person and place to place, you will learn how to clean your space and things.



Clean Things You Touch a LOT

Remember to clean:

- Cell phones
- Computers – keyboard and mouse
- Sinks
- House phones
- Doorknobs
- Light switches
- Tables
- Desks
- Pens and pencils
- Toilets
- Tablets (iPads)
- Hard-backed chairs
- Remote controls
- Handles (on cupboards, drawers, refrigerator, microwave)



How to Wash Off Germs

Cleaning with soap and water to wash dirt and germs from surfaces removes germs but does not kill them.

Cleaning helps lower the number of germs and the risk of getting sick from them.



How to Kill Germs

Cleaning products called **disinfectants** kill germs. Wiping items with disinfectants and water kills the germs on their surfaces.

Some products that are used to clean or disinfect can be dangerous if you touch or smell them for too long.

Always ask before using cleaning products.

When using disinfectants, you should:

- Follow the instructions of a caregiver or label
- Wear gloves
- Make sure air moves easily in and out of the room
- Not mix cleaning or disinfectant products



YOU'RE DOING GREAT SO FAR!

See? It's that simple!

I know you can do it! You always do a great job!



References

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For additional information regarding this guide or any of our physical or behavioral health trainings, contact:

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