

# Infection Control Micro-Learns User Guide



## About the Micro-Learns

The Project Firstline Infection Control Micro-Learns are a series of guided infection control discussions that provide brief, on-the-job educational opportunities. Each micro-learn focuses on a single infection control topic and connects infection control concepts to immediate, practical value. Healthcare workers can easily apply the key points to their daily work and perform the recommended actions to keep germs from spreading.

## Using the Micro-Learns

The micro-learns can be incorporated into existing opportunities where groups of healthcare workers gather, such as pre-shift “huddles” or team meetings. The sessions should be led or facilitated by an experienced team member with infection control expertise.

**Each micro-learn package includes an adaptable discussion guide for the facilitator and one job aid, which facilitators are encouraged to review prior to presenting.**



**Discussion Guide.** The discussion guide is not a script. Facilitators are encouraged to adapt the guide for their audience by incorporating relevant and practical questions and ideas. For instance, facilitators can connect the content to the audience’s job duties, facility-specific cases or issues, resources and points of contact, or other information.



**Job Aid.** The one-page, visual job aid helps to reinforce the key messages of the micro-learn. Facilitators are encouraged to make the job aid available after the micro-learn session, such as in digital or hard copy form.

## Notes for Facilitators

- Before presenting a micro-learn, check the policies and protocols at your facility and adapt the content accordingly.
- Build on your knowledge, experience, and awareness to connect the content to local context or relevant recent events so that your audience can apply the concepts confidently.
- The micro-learns reinforce infection control concepts when risks are observed in patients or in the patient environment, not necessarily in visitors or other staff members.

# Measles

Use the talking points below and accompanying job aid to engage your team in short, focused discussion. Adapt to meet your needs.

## Overview

- Measles is one of the most contagious infectious diseases and can lead to severe illness and even death.
  - This is why it's important for everyone in the healthcare facility to be prepared to quickly recognize possible measles and take action to prevent spread in their facility.
  - The best way to protect healthcare workers from measles is to ensure they are up to date on MMR vaccinations.
  - **Facilitator note:** Discuss what your facility does to prevent measles from spreading.
- Measles is a respiratory virus. Early symptoms can seem like a common cold and include **fever; cough; runny nose; red, watery eyes;** and/or **tiny white spots in the mouth.**
  - A rash generally occurs three to five days **after** symptoms begin and usually appears on the face and behind the ears first and then spreads down the body.
- Measles virus lives in the nose and throat of infected people, and it can spread to others through the air, remaining **infectious in the air for up to two hours** after an infected person leaves the area.

## Identifying Measles

- Assume a patient has measles if they have measles symptoms **and** have at least one of the following:
  - Spent time in an area in the U.S. with a known measles outbreak
  - Recently been around someone else with measles
  - Traveled internationally in the last 21 days
  - Not been vaccinated for measles or don't know their vaccination status
- If your facility is located in an area where measles is known to be spreading, anyone with measles symptoms should be considered to have measles until you can rule it out.
  - **Facilitator note:** Discuss how your facility is taking extra precautions during outbreaks and the process for informing your facility's infection control team and local or state health department.

# Measles

(continued)

## If You Suspect Measles

### Reduce the risk of spread by:

- Quickly identifying and isolating patients with known or suspected measles.
  - Assess, test, and manage patients in an airborne infection isolation room. If that isn't possible, select a private room with a door that shuts and doesn't vent air into the facility.
  - **Facilitator note:** Discuss where this should happen in your facility and the location of those rooms.
- Properly using a fit-tested N-95 or higher-level respirator before room entry, even if you are vaccinated.
  - Two doses of MMR vaccine protect people about 97% of the time. The chances of vaccinated people getting measles are very small, but not zero.
- Recommending that patients wear a mask until appropriately isolated in an airborne infection isolation room.
- Limiting transport or movement of such patients outside the room unless medically necessary.
- Also, continuing to follow Standard Precautions:
  - Clean your hands before and after caring for the patient and after handling items or touching surfaces in the patient's room.
  - Adhere to your facility's routine practices to clean and disinfect surfaces and handle linens.
  - Use additional personal protective equipment (PPE) for specific tasks (e.g., gloves for blood draws).

### Additional steps to take include:

- Notifying local or state public health departments about a suspected measles case.
- Collecting samples for testing as directed by local or state health departments.
- Managing patients with supportive care.

## Wrap up and reinforce

- Every healthcare worker has a role to play in rapidly recognizing measles to prevent its spread in healthcare settings.
  - **Facilitator note:** Connect content with facility-specific information relevant to your team and share follow-up opportunities.



Clinical Overview of Measles: <https://bit.ly/42vxGw2>

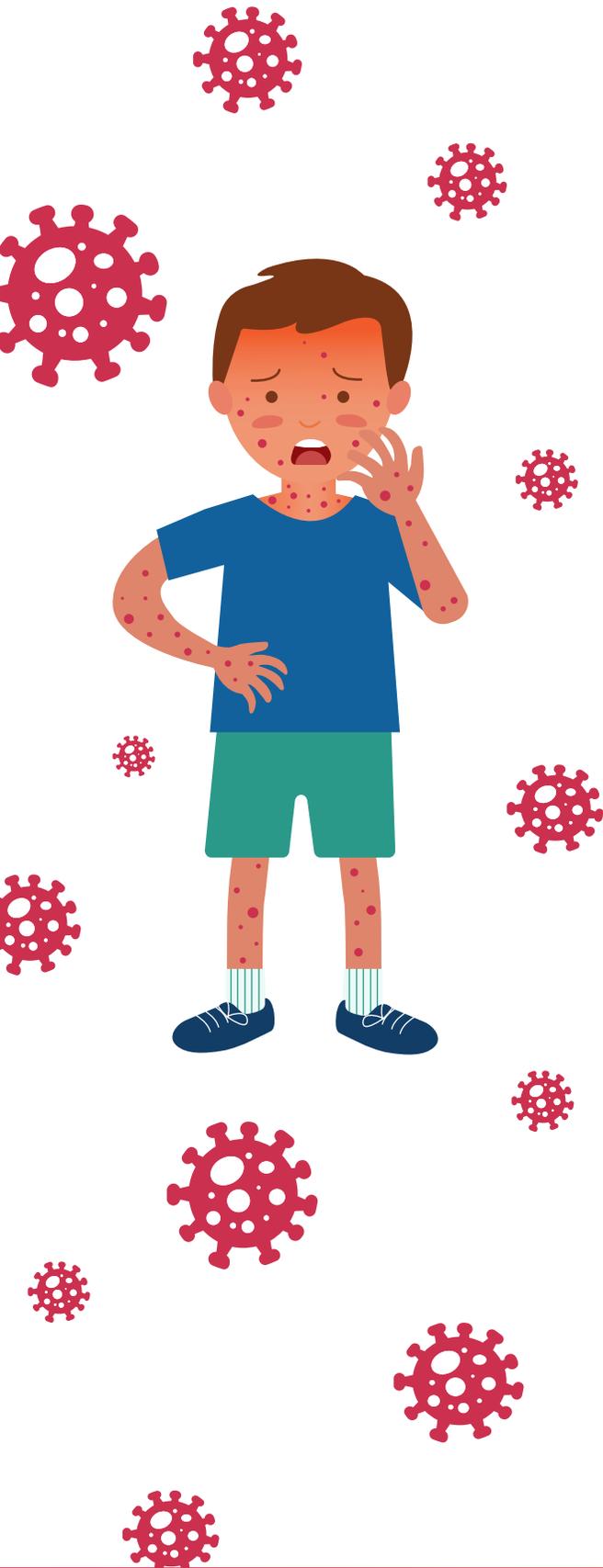
Measles Infection Control Guidance: <https://bit.ly/4iHOW67>

Public Health Notification Contact List: <https://bit.ly/4jM9ZVU>



U.S. CENTERS FOR DISEASE  
CONTROL AND PREVENTION

# Reduce the Risk of Spread if You Suspect Measles



## Identify and Isolate

- Quickly identify and isolate patients with known or suspected measles.
  - Isolate patients in an airborne infection isolation room. If that isn't possible, select a private room with a door that shuts and doesn't vent air out into the facility.
  - If unsure of where to place a patient, consult with your facility's Infection Preventionist.
  - Follow your facility's guidance on how to isolate patients.
- Limit transport or movement of patients outside of the room unless medically necessary.

## Inform

- Make sure to notify appropriate personnel in your facility as well as public health departments when a measles case is suspected.

## Actions You Can Take to Prevent the Spread

- Be up to date on your MMR vaccine.
- Put on a fit-tested N-95 or higher-level respirator before entering a measles patient's room.
- Recommend that the patient wear a mask until appropriately isolated in an airborne infection isolation room.
- Clean your hands before and after seeing the patient.
- Continue to follow routine practices to clean and disinfect surfaces and handle linens.
- Use additional personal protective equipment (PPE) if needed for a specific task.