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Applicability UNC Medical Center

Infection Prevention Guidelines for Attire in Semi-Restricted and Restricted Zones

I. Description

To assure that all personnel are oriented to attire standards that promote an aseptic environment in which to perform surgery/invasive procedures and to prevent cross-transmission of infection from healthcare personnel (HCP) to patients. Personnel include all persons who enter the Semi-restricted and Restricted Zones.

II. Policy

A. Definition of Zones:

1. Unrestricted Zone: Defined as Pre-Op, PACU, administrative offices, lounges, classrooms, and any hospital areas beyond these areas. Street clothes are permitted.
2. Semi-Restricted Zone: ORs and VIR
 - a. The surgical suites which include Main, Women's and Children's operating rooms, ASC operating rooms, HBH operating rooms, utility rooms, scrub rooms, labs, instrument processing rooms, sterile supply rooms/sterile core, and connecting corridors.
 - b. In VIR, semi-restricted zones include procedure rooms when not in use, utility rooms, scrub rooms and connecting corridors.
3. Restricted Zone: Defined as each operating room (including OR17) or procedural room where surgery/invasive sterile procedure is performed.

4. These 3 zones are intended to orient personnel to aseptic protocols and are designed to be more stringent as one moves from unrestricted to restricted areas. The progression of restrictions is intended to provide the cleanest environment in the restricted area. The designated areas should be separated:
 - a. by sign-age indicating the attire required for entering the area and who may access the area;
 - b. by doors separating the restricted area from the semi-restricted area; and
 - c. by doors, signage, or a line of demarcation to identify the separation between the unrestricted and semi-restricted areas.

B. Scrubs

1. Scrubs are the teal uniforms which are hospital provided and hospital laundered. Specific departments have access to the teal scrubs – ORs in Main/Children's, ASC and HBH, Cath Lab, EP Lab, VIR, L&D, Cysto, BURN, and Dialysis. Teal scrubs shall only be worn at work sites. Scrub shirt should be tucked into trousers. All other work uniforms, whether scrubs or street clothes, worn are maintained by the UNC health care personnel
2. In areas of the hospital where hospital laundered scrubs are provided (e.g., teal scrubs), healthcare personnel should change from street clothes to hospital provided scrubs at the hospital at the beginning of the shift and at the end of the shift change back into their street clothes and leave the scrubs to be laundered.
3. Scrubs shall be removed when visibly soiled, contaminated and/or penetrated by blood or other potentially infectious materials.
4. Hospital laundered scrubs should be worn only within the clinical campus(s). Main Campus (Memorial, Children's, Neurosciences, ASC, School of Dentistry, and School of Medicine including the Physician's Office Building and Bioinformatics) is considered one campus, Hillsborough another. Return scrubs and retrieve a clean set if you travel from Medical Center to Hillsborough.

C. Outside the Clinical Area (Exiting)

1. When leaving restricted zones (operating rooms, procedural areas) for public areas, personnel will change scrubs if soiled.
2. Mask, disposable bouffant cap, and shoe covers will be removed before entering the non-restricted zone.
3. Gloves will be removed/discarded and hand hygiene performed upon leaving an operating room.
4. Signs will be posted at exits from restricted areas stating attire requirements.

D. Outer and Under Garments

1. Cover gowns (e.g., white coats) are not required as a cover when entering non-restricted areas.
2. Undershirts under hospital-provided scrubs may be either crew or v-neck (but must be short sleeved and not have a high neck – turtle or mock neck).

E. Hair

1. Hair on the head and face (i.e. beards) must be fully covered to prevent shedding of hair and squamous cells. Large sideburns and ponytails must be covered or contained. Disposable bouffant and hood style covers will be provided. Bald and shaved heads must be covered to prevent shedding of squamous cells.
2. Personally-owned head coverings are permitted (e.g. scrub cap, hijab). Personal head coverings must not be worn for more than one day without laundering. Personal head coverings soiled with blood or OPIM must be discarded and must not be taken home for laundering.

F. Warm-up Jackets

1. Hospital-provided, hospital-laundered warm-up jackets can be worn over the teal, hospital-provided scrubs within an operating room or procedure room and should be closed to prevent possible contamination to sterile items in the room.
2. In restricted areas, where teal scrubs are used, personal home laundered warm-up jackets cannot be used.

G. Jewelry and Makeup

- Excessive make-up is not permitted. Jewelry should be kept to a minimum. No bracelets or rings should be worn. Wristwatch and wedding band are permitted except when scrubbed. Necklaces are permitted as long as they are completely contained within the sterile gown. Earrings are permitted but must be completely contained under an approved cap or hood.

H. Masks

- Masks which fully cover the nose and mouth will be worn when entering the OR room if an operation is about to begin or is underway, or if sterile instruments are exposed. They are to be applied properly so that respiration takes place through the filter, not around it. Masks are securely fitted over the nose and mouth to prevent venting at the sides. Masks must be worn in the correct position throughout the operation. Remove by strings and deposit in the trash, outside an OR. New masks should be donned for

each procedure.

I. Shoes

- Comfortable, closed-toe, closed upper, shoes must be maintained for OR/procedural use. They must be kept clean. Shoe covers will be worn in the restricted zone in those circumstances when splash or splatter of blood or body fluids is reasonably anticipated. Shoe covers should be changed whenever they become torn, wet, or visibly soiled. Shoe covers are to be removed when leaving Surgical Services or a restricted area.

J. Eye Protection

- Eye protection is provided and must be worn by the sterile team in accordance with the Infection Prevention policy: [Exposure Control Plan for Bloodborne Pathogens](#). Prescription eyeglasses must be equipped with solid side shields if used for eye protection.

K. Waist (Fanny) Packs

- Fanny packs should be secured to the body and be made of a material that can be cleaned. Cleaning with a germicidal detergent should occur daily and when the pack is visibly soiled. Alternatively, packs may be machine laundered. In order to prevent a potential bloodborne pathogen exposure, no personal items or food should be stored in the packs. When working with a patient on Contact Precautions, the pack should not come in contact with the patient or patient's immediate environment (e.g. wear cover gown or leave outside of patient room).

L. Backpacks and Personal Bag

- Personal items such as backpacks and purses should not enter the operating room.

III. References

AORN Guidelines for Perioperative Practice, 2022

IV. Responsible for Content

Infection Prevention and Perioperative Services

V. Related Policies

[Infection Prevention Policy: Exposure Control Plan for Bloodborne Pathogens](#)

[Infection Prevention Policy: Infection Prevention Guidelines for Perioperative Services](#)

Approval Signatures

Step Description	Approver	Date
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