

This is an English translation of the regulation.  
Please note that this is an unofficial translation.  
It is the Swedish version that is valid.

The Board's administrative provisions and general advice are published in SOSFS and from 1 July 2015 in HSLF-FS.

The provisions are binding regulations.

The general advice includes recommendations on how a provision can or should be applied and do not exclude other ways of achieving the objectives set out in the provision



## **SOSFS provisions on basic hygiene in health care and care**

as established on 7 May 2015

The National Board of Health and Welfare provides the following under Chapter 7, section 4 of the Ordinance (2010:1369) on Patient Safety, Chapter 8, sections 1, 2 and 3 of the Social Services Ordinance (2001:937) and section 13 of the Ordinance (1993:1090) on Support and Service for Persons with Certain Functional Impairments.

### **Scope of application**

§ 1 These regulations shall be applied to the activities included in:

1. the Health and Medical Services Act (1982:763),
2. the Dental Service Act (1985:125), and
3. the Act (2001:499) on the circumcision of boys.

§ 2 In the activities covered by the Social Services Act (2001:453), hereinafter SoL, the regulations shall be applied when carrying out activities which have been granted following a decision under Chapter 4, section 1 or 2 of SoL, if the action concerns:

1. home care in ordinary accommodation, or
2. such accommodation as referred to in Chapter 5, section 5 or 7 of SoL.

§ 3 In activities covered by the Act (1993:387) concerning Support and Service for Persons with Certain Functional Impairments, hereinafter LSS, the regulations shall be applied when carrying out accommodation activities with special service under section 9, point 8 or 9 of LSS.

## **Management system**

§ 4 From the National Board of Health and Welfare's provisions and general guidelines (SOSFS 2011:9) on management system for systematic quality work, it is apparent that the care provider or those who provide social service or activity under LSS are responsible for ensuring that there are processes and procedures necessary to ensure the quality of the activities.

## **Hygiene requirements**

§ 5 Anyone who is professionally active or undergoing training in

1. activities under section 1 which includes tasks that involve physical contact with patients (health care), or
2. activities under sections 2 or 3 which includes tasks that involve physical contact with the person who has been granted the action (care)

shall, in situations where there is a risk of transmitting infections, observe the following

- a) Work clothes shall only be worn at work. If work is carried out in multiple locations, work clothes may also be worn when travelling between the locations.  
Short-sleeved work clothes must be worn (sleeves that stop above the elbow).  
Work clothes shall be changed daily. If work clothes become contaminated or when necessary for any other reason they must be changed as soon as possible.
- b) If clothing is likely to come into contact with body fluids or other biological substances during health care or care tasks, a plastic apron, protective gown or other protective clothing must be used over the work clothes.  
If protective clothing is used in the health care or care of several people, one after the other, the protective clothing must be changed between each person.
- c) Lower arms and hands shall be kept free of watches, jewellery, bandages, dressings, orthesis or similar. Nails must be kept short and free from all kind of artificial material.
- d) Hands must be disinfected with an alcohol-based hand disinfectant, or any other means with an equivalent effect, immediately before and after a health care or care task. Hands must be dry before being disinfected.  
Hands shall be washed with water and liquid soap before disinfecting if they are or are likely to be dirty.

After the health care or care of a person who is vomiting or has diarrhoea, hands shall always be washed with water and liquid soap before disinfecting.

- e) Protective gloves must be used if there is a risk that hands will come into contact with body fluids during a health care or care task. Hands shall be dry before putting gloves on.  
Protective gloves used in health care and care shall be single use only and designed

Exceptions may be made from the requirements of the first paragraph when caring for patients with suspected or confirmed Ebola infection, if it is necessary to limit the risk of transmission of infection.

### **Exemption provision**

§ 6 The National Board of Health and Welfare may grant exemptions from the requirements of these provisions, if there are special grounds.

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1. This provision enters into force on 1 January 2016.
  2. This enactment repeals the National Board of Health's regulations (SOSFS 2007:19) on basic hygiene in health and medical care, etc