

# Top 10 Tips to Prevent CLABSI

(Central Line-Associated Bloodstream Infection)

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- 1. Check Your Central Line Site Daily** Look for signs of redness, swelling, tenderness, or drainage at the insertion site. If you notice any changes, contact your healthcare provider right away.
- 2. Watch for Symptoms of Infection** Check your temperature daily. Symptoms of infection include a fever, chills, shaking, low blood pressure, fatigue, or feeling unusually cold. Call your healthcare provider if you experience any of these symptoms.
- 3. Always Wash Your Hands** Wash your hands with soap and warm water for at least 20 seconds before touching your central line or any supplies. If soap and water aren't available, use hand sanitizer.
- 4. Clean the Needleless Connector Thoroughly** Before attaching syringes or tubing, clean the needleless connector with an alcohol swab or an alcohol-based chlorhexidine (CHG) swab. Rub all surfaces and let it air dry.
- 5. Change Dressing as Directed** Follow your healthcare provider's instructions on when to change your dressing, usually every 7 days or sooner if it becomes loose, dirty, or wet.
- 6. Secure Your Central Line** Make sure your line is secured to prevent accidental pulling or tugging. This helps avoid damage and reduces the risk of infection.
- 7. Flush Properly and Consistently** Follow the SASH method (Saline, Administer, Saline, Heparin) to flush your line. This keeps your line working properly.
- 8. Use Passive Disinfection Cap** Place a passive disinfection cap on the needleless connector when your line is not in use to keep it clean.
- 9. Organize Your Supplies** Store all supplies in a clean, dry area. Keep items organized and rotate new deliveries to the back so older supplies are used first.
- 10. Stay Focused When Preparing Your Infusion** Work in a clean, well lit area and avoid distractions while setting up your infusion. If you think any part of your setup is contaminated, stop and start over with clean supplies.