



State of New Jersey

DEPARTMENT OF HEALTH AND SENIOR SERVICES
DIVISION OF EPIDEMIOLOGY, ENVIRONMENTAL AND OCCUPATIONAL HEALTH
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To: All Public Health and Healthcare Providers

From: Barbara Montana, MD, MPH, FACP
Medical Director, Communicable Disease Service

Date: December 1, 2011

RE: Diabetes Care and Infection Control

The New Jersey Department of Health and Senior Services Communicable Disease Service would like to emphasize the need to adhere to the standards of practice to prevent patient-to-patient transmission of blood borne pathogens (hepatitis B, hepatitis C and human immunodeficiency virus) when using glucose meters and supplies. The Centers for Disease Control and Prevention (CDC) has become increasingly concerned about the risks associated with blood glucose monitoring procedures. The CDC reports that in the last 10 years alone, there have been at least 15 outbreaks of hepatitis B virus infection associated with providers failing to follow basic principles of infection control when assisting with blood glucose monitoring.

All persons who assist others with glucose monitoring and/or insulin administration must follow the following infection control guidelines:

- Whenever possible, blood glucose meters should **not** be shared. If they must be shared, the device should be **cleaned and disinfected after every use**, per manufacturer's instructions. If the manufacturer does not specify how the device should be cleaned and disinfected then it should not be shared
- Insulin pens and other medication cartridges and syringes are for single-patient-use only and should **never** be used for more than one person
- Fingertick devices should never be used for more than one person

These recommendations apply to all settings where blood glucose monitoring and insulin administration may occur including:

- Hospitals or clinics
- Long-term care such as nursing homes and assisted living facilities
- Pre-hospital settings such as ambulances
- Senior centers
- Health fairs
- Correctional facilities
- Schools or camps

Please review the attached documents titled *Infection Prevention during Blood Glucose Monitoring and Insulin Administration* and *Frequently Asked Questions (FAQs) regarding Assisted and Blood Glucose Monitoring and Insulin Administration*. These documents and other valuable information are available on the CDC Injection Safety website at <http://www.cdc.gov/injectionsafety/>.