



# NACCHO

National Association of County & City Health Officials

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## IPC Escape Room Quick Start Guide

This quick guide helps local health departments implement Infection Prevention Control (IPC) escape room activities with minimal setup. Choose your format, prepare materials, and deliver an interactive training session that reinforces key IPC behaviors.

### Step 1: Choose Your Escape Room Format

#### Option 1: Turnkey IPC Escape Room

*Best for broad, mixed-staff training*

- Covers hand hygiene, PPE, source control, and cleaning/disinfections
- Works well as a comprehensive IPC refresher
- Minimal customization needed

#### Option 2: Scenario-Based Escape Rooms

*Best for targeted or department-specific training*

- Focuses on one topic or department
- Examples include:
  - C. diff prevention
  - Dietary/food safety
  - Environmental Services (EVS)
- Supports role-specific education



## Step 2: Quick Decision Guide

If you need...	Choose this
A broad IPC refresher for multiple roles	Turnkey Escape Rooms
Training for a specific topic or department	Scenario-Based Escape Room
A fast or low-resource option	One station or one scenario from Option 2

## Step 3: Simple Planning Checklist



- 1. Identify your audience**
  - Clinical staff, EVS, dietary, or mixed teams
- 2. Select your escape room option**
  - Match the format to your training goal
- 3. Prepare materials**
  - Download and print clues, instructions, facilitator scripts
- 4. Set up and test**
  - Arrange stations and test puzzles or props
- 5. Run the activity**
  - 45 minutes of gameplay
- 6. Debrief**
  - Reinforce IPC practices by administering the test questions, open discussion, and feedback form.



## Step 4: Tips for Success



- **Start Small:** pilot one station before running the full escape room
- **Encourage teamwork** and problem-solving
- **Use the debrief** to connect puzzles to real IPC behaviors
- **Save printed materials** for reuse in future trainings