

**IT'S OK TO ASK NURSES,
DOCTORS AND OTHER HEALTH
CARE PROVIDERS IF THEY HAVE
CLEANED THEIR HANDS**

**REMINDE VISITORS TO
CLEAN THEIR HANDS**

**HAND HYGIENE
THE BEST
WAY TO PREVENT
INFECTION**

HAND HYGIENE

Special care must be paid to **hand hygiene** as it is the best way to prevent the spread of germs.

Good hand hygiene includes:

Alcohol-Based Hand Rub

- Apply to palm of one hand,
- Rub hands together, covering all of hands and fingers,
- Rub until hands feel dry: and
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub.

Hand Washing

- Use warm running water and soap,
- Spend at least **15-30** seconds lathering and washing hands,
- Rub hands together, paying attention to finger tips, around rings and thumbs,
- Rinse thoroughly,
- Dry with paper towel and turn off tap with paper towel; and
- Dispose of paper towel in garbage.

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AIRBORNE PRECAUTIONS

**Information for Patients,
Residents, Families
& Visitors**

**INFECTION PREVENTION
& CONTROL PROGRAM**

WHY ARE AIRBORNE PRECAUTIONS NECESSARY?

- Everyone has germs. Most are harmless, a few are even helpful,
- Some germs such as TB, chicken pox & measles can be spread in small airborne particles,
- These germs can remain suspended in the air for long periods of time and are carried by air currents,
- People may breathe in these germs if they are in the same room as a person infected with these germs,
- Airborne Precautions provide protection to prevent the spread of harmful germs from one person to another in hospital; and
- A special mask known as an N95 must be worn by visitors and staff. **Visitors must be instructed by nursing staff on how to fit check the mask for their protection.**



A mask with a face shield places a barrier between the patient and visitor

IF AIRBORNE PRECAUTIONS ARE IN PLACE:

- A sign will be posted on the door, the patient will be required to **stay in** their room,
- The patient may only leave the room for medical procedures and must wear a surgical mask at all times,
- The door of the patient room **must remain closed** even if the patient is not in the room. If the room has a double door **both** doors must remain closed,
- Windows **must also remain closed** at all times,
- Staff and visitors **must** wear an N95 mask,
- All staff and visitors must **clean** their hands when they **enter** or **leave** the room; and
- **Do not visit the unit kitchen if you are visiting someone on airborne precautions.**

Ask your health care provider if you have any questions.

WHAT FAMILY AND FRIENDS SHOULD DO WHEN VISITING?

- Check with the nurse before entering the room,
 - Clean your hands before entering and leaving the room,
 - Follow the directions on the sign that is posted on the door,
 - Check with staff before bringing any items, including food, into or out of the room,
 - Ask staff for items from the kitchen and utility room,
 - **BEFORE** entering the room put on and fit check your N95 mask; and
 - **AFTER** leaving room remove mask. Dispose of mask in regular garbage and clean your hands.
- * If visiting other patients/residents visit the patient/resident on airborne precautions last.

Contact with family and friends is an important part of patient wellness however while airborne precautions are in place only immediate members of the household should visit.