

**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 the garbage.

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CONTACT PRECAUTIONS

Information for Patients,
Residents, Families &
Visitors



INFECTION PREVENTION
& CONTROL PROGRAM

WHY ARE CONTACT PRECAUTIONS NECESSARY?

- Everyone has germs. Most germs are harmless. A few are even helpful,
- These germs can be spread by touching the patient/resident directly and /or their environment and then touching another person or object,
- Contact Precautions provide protection to prevent the spread of harmful germs from one person to another in hospital,



Plus



(gloves)

(gown)

- Gloves place a barrier between the patient and the care givers hands; and
- **Clean hands before and after wearing gloves.**

A gown places a barrier between the patient and the care givers clothing. This prevents the spread to other patients by contaminated clothing.

WHERE DO I DISPOSE OF THE GLOVES AND GOWNS?

They can be disposed of in the regular garbage inside the patients room before leaving the room.

IF CONTACT PRECAUTIONS ARE IN PLACE :

- A sign will be posted **on the door**,
- The patient/resident may be required to stay in their room,
- The door of the patient/resident room may remain open,
- **Do not visit the unit kitchen area if you are visiting someone on contact precautions.**
- Staff and visitors must wear gown/gloves when providing direct care,
- **Direct care** is defined as hands on care such as bathing, turning a patient, changing a diaper or toileting. Pushing a wheelchair and feeding are not considered direct care,
- All staff and visitors must **clean** their hands when they **enter** or **leave** the room; and
- **Items brought into the room must stay in the room.** Such items include: equipment (personal wheelchairs, walkers, chairs, etc) Germs can live on objects in the room so it is important to clean items before they are taken out of the room.

Ask your healthcare 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 when 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,
- Wear gown and gloves if you are helping with direct care; and
- Always remove gowns and gloves before leaving your room. Gloves do not substitute for cleaning your hands. Always clean your hands before and after removing gloves.

*If visiting other patients/residents, visit the patient/resident on contact precautions last.

Contact with family and friends is an important part of patient wellness. If you are not ill you may be able to visit even if contact precautions are in place.