

**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

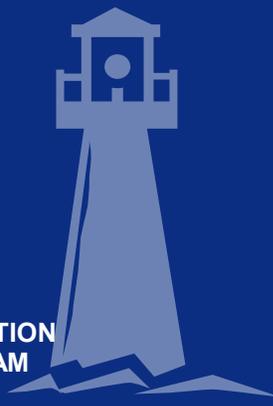
Hand Washing

- 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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DROPLET PRECAUTIONS

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



**INFECTION PREVENTION
& CONTROL PROGRAM**

WHY ARE DROPLET PRECAUTIONS NECESSARY?

- Everyone has germs. Most germs are harmless, a few are even helpful,
- Some germs such as pertussis and influenza can be spread by large droplets when a person coughs or sneezes,
- These droplets travel a short distance (6 ft) in the air and can settle in the eyes, nose or mouth of another person,
- These droplets may also settle on surfaces,
- Droplet Precautions create barriers between people and germs - they are used to prevent the spread of harmful germs from one person to another in hospital; and



IF DROPLET 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 may remain open,
- Staff and visitors must wear a surgical mask with a face shield,
- All staff and visitors must **clean** their hands when they **enter** and **leave** the room; and
- Do not visit unit kitchen area if you are visiting someone on droplet precautions.



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,
- Wear a surgical mask with a face shield while in the room,
- Before leaving the room, remove the mask. Dispose of the mask in regular garbage and clean your hands,
- Check with staff before bringing any items, including food, into or out of the room; and
- Ask staff for items from the kitchen and utility room.

* If visiting other patients/residents visit the patient/resident on droplet 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 droplet precautions are in place.

- A mask with a face shield or mask and goggles places a barrier between the patient/resident and visitor/patient and staff.

Ask your health care provider if you have any questions.