

## ***WILL VISITING BE COMPLETELY RESTRICTED?***

Visiting may be completely restricted if the organism causing the outbreak cannot be contained. Visitor restrictions will only be implemented as a safety measure to protect our residents, clients, families, staff, and the general public.

## ***WHEN WILL VISITING RESTRICTIONS BE LIFTED?***

Infection Prevention and Control will assess the status of the outbreak on a daily basis and lift restrictions as soon as the risk to our residents, clients, families, staff, and visitors has been minimized.

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



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**

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

#### **Hand Washing**

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

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

***REMIND VISITORS TO  
CLEAN THEIR HANDS.***

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## ***HOW TO FACILITATE SAFE VISITING DURING OUTBREAKS***

INFECTION PREVENTION  
& CONTROL PROGRAM  
[www.easternhealth.ca](http://www.easternhealth.ca)

## WHAT IS AN OUTBREAK?

An outbreak of respiratory or gastrointestinal (GI) illness occurs when there are two or more clients/residents on a unit experiencing the same symptoms or one case of a novel/unusual disease.

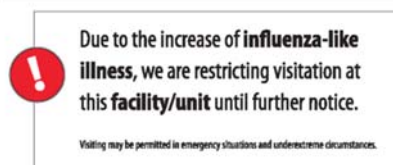
## REDUCE THE SPREAD OF INFECTIOUS DISEASE

To help reduce the spread of an illness in the unit/facility:

- Contain those that are sick to their rooms.
- Control the movement of staff between units.
- Enhance environmental cleaning.
- Restrict social gatherings, especially those in which food would be served.
- Implement visitor precautions/restrictions.

## WHAT ARE VISITOR PRECAUTIONS?

Visitor Precautions are a series of infection control measures that are implemented as a method of reducing the risk of spreading infectious diseases (i.e., influenza, norovirus, etc.). They are designed to help keep our clients/residents, families, staff, and visitors healthy and safe. See examples of precautions posters on the next page.



Infection Prevention  
+ Control Program

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## WHAT DO VISITOR PRECAUTIONS INCLUDE?

Visitor Precautions include:

- Do NOT visit if you are ill.
- Check with the nursing desk before you visit.
- You must clean your hands before entering the unit and before leaving the unit.
- You may only visit one client/resident. Special exceptions will be made for palliative clients/residents.
- Personal Protective Equipment (masks, gloves or gowns) must be worn for the duration of your visit. The nursing staff will instruct you on what is required and how to properly apply and remove it.