

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

**REMIND 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**

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.

IPAC-PAMPH-026.1

## **CONTACT PRECAUTIONS**

Information for Clients,  
Residents, Families, and  
Visitors

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



## 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 client/resident directly and /or their environment and then touching another individual or object.
- Contact Precautions provide protection to prevent the spread of harmful germs from one individual to another in hospital.



- Gloves place a barrier between the client and the health care provider's hands.
- ***It is very important to clean your hands before and after wearing gloves.***
- A gown places a barrier between the client and the health care provider's clothing. This prevents the spread to other clients by contaminated clothing.

## WHERE DO I DISPOSE OF THE GLOVES AND GOWNS?

Personal Protective Equipment (gloves, gowns, etc.) can be disposed of in the regular garbage inside the client's room before leaving the client's room.

## WHAT TO EXPECT IN HOSPITAL WHEN CONTACT PRECAUTIONS ARE IN PLACE:

- A sign will be posted on the door.
- The client/resident may be required to stay in their room.
- The door of the client/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 client, 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.***
- ***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 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 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.
- Visitors/clients should not visit the kitchen and utility rooms. Please ask staff for required items.
- Wear gown and gloves if you are helping with direct care.
- Always remove gowns and gloves ***before*** leaving the client's room. Gloves ***do not*** substitute for cleaning your hands. ***Always*** clean your hands before and after removing gloves.

*When visiting a client who is on additional precautions (i.e., droplet) it is recommended that you visit only that individual. However, if you must visit another client, visit the client on additional precautions last.*

***Contact with family and friends is an important part of client wellness. If you are not ill, you may be able to visit, even if droplet precautions are in place. Speak to the Nursing Desk on the Unit before visiting for more information.***