

HAND HYGIENE

**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**

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.

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AIRBORNE PRECAUTIONS

*Information for Clients,
Residents, Families, and
Visitors*

INFECTION PREVENTION
& CONTROL PROGRAM
www.easternhealth.ca

WHY ARE AIRBORNE PRECAUTIONS NECESSARY?

- Everyone has germs. Most are harmless, a few are even helpful.
- Some germs, such as tuberculosis, chicken pox, and 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.
- Individuals may breathe in these germs if they are in the same room as an individual infected with these germs.
- Airborne Precautions provide protection to prevent the spread of harmful germs from one individual to another in hospital.
- 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 client and visitor

WHAT TO EXPECT IF AIRBORNE PRECAUTIONS ARE IN PLACE WHILE IN HOSPITAL:

- A sign will be posted on the door.
- The client will be required to **stay in** their room.
- The client may only leave the room for medical procedures and must wear a surgical mask at all times.
- The door of the client room **must remain closed at all times** even if the client 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.
- **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.
- **IMMEDIATELY AFTER** leaving room remove mask. Dispose of mask in regular garbage and clean your hands.

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.