

**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**

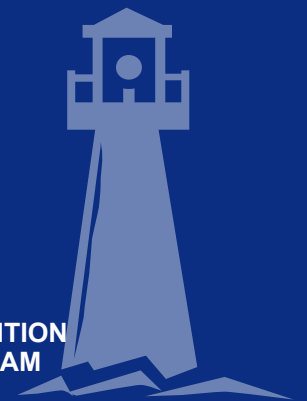
1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose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

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## **DROPLET PRECAUTIONS**

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

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



## 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 individual.
- 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 individual to another in hospital.



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

## IF DROPLET PRECAUTIONS ARE IN PLACE:

- 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 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.
- Do not visit the unit kitchen area if you are visiting someone on droplet 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 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.
- Ask staff for items from the kitchen and utility room.

*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.**