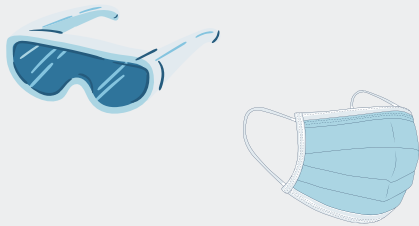


Droplet and Contact Precautions

Information for Patients, Families, and Visitors

Why am I receiving this pamphlet?

Everyone has germs. Most germs are harmless, some are helpful. However, a few germs can make people sick and spread easily in the hospital environment. Our goal is to protect our patients, their families, and visitors from those germs. Germs that can spread easily within the hospital environment and make other patients sick have been found on your body. Droplet and Contact Precautions are a way of stopping the spread of germs from one person to another.



What are Droplet Precautions?

Droplet precautions are a set of simple actions that work together to stop the spread of viruses that cause respiratory infections i.e. colds, flu, etc. Wearing a mask and eye protection to prevent the germs from entering the eyes, nose or mouth is the first key action. Washing ones hands before putting on and after removing these items is the second key action.

What are Contact Precautions?

Contact Precautions are a set of simple actions that work together to slow down or stop the spread of these germs. The simple actions are hand cleaning, and keeping you and your belongings separate from other patients.



How to Prevent the Spread of Infection in Healthcare Facilities and Home



HOSPITAL

Healthcare staff will:

- Place you in a single room with a Droplet and Contact precaution sign on the door or keep the curtains closed if you are in a shared room.
- Clean their hands well and often.
- Wear a mask, eye protection, gown and gloves when they provide direct care to you.
- Clean and disinfect the equipment used in the room regularly.

You should:

- Wear a mask when leaving your room or your bed if you are in a shared room.
- Clean your hands before you leave your room.

Family and Visitors should:

- Wear a mask with eye protection, gown and gloves when they enter your room.
- Remove the gown and gloves and dispose of them in a linen/garbage container once they have finished caring for you.
- Clean their hands and remove their mask and eye protection after leaving the room.



OUTPATIENT CLINIC

Your healthcare provider will:

- Clean their hands well and often.
- Wear a mask, eye protection, a gown and gloves before providing care.

You should:

- Call before attending appointment to ensure they are aware of your symptoms.
- Wear a mask if you are given the okay to attend
- Do hand hygiene when you enter and leave.
- Use tissue in the clinic setting to cover your cough and/or sneeze and discard tissues in available waste bins. Clean your hands after.



LONG-TERM CARE

Healthcare staff will:

- Place a sign on your door or curtain to remind others about the special precautions.
- Wear a mask, eye protection, gown and gloves when providing direct care to you.
- Clean their hands well and frequently.

You will:

- Wear a mask and clean your hands if you have to leave your room.
- Not be able to leave your room or participate in activities until you are well.

Family and visitors will:

- Clean their hands before entering and when leaving.
- Wear eye protection, a gown and gloves if assisting with your care.



HOME

Healthcare staff will:

- Wear a mask, eye protection, gown and gloves when providing direct care to you.
- Clean their hands well and often.

You and/or your family should:

- Ensure staff have access to a clean sink with warm running water if needed.
- Have a garbage bin available for medical waste and personal protective equipment.
- Do routine cleaning using common household disinfectants.
- Launder clothing and linens in the same manner as the rest of the household laundry.
- Wear a mask around others if you have symptoms.
- Eat your meals in a separate area until your symptoms are gone.