

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. Contact Precautions are a way of stopping the spread of germs from one person to another.



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 at Home



HOSPITAL

Healthcare staff will:

- Place you in a single room if available or keep the curtains closed around your bed if you are in a room with other patients.
- Place a Contact Precaution sign on your door or curtains to remind others who enter your room about the special precautions.
- Clean their hands well and frequently.
- Wear a long-sleeved gown and gloves when they provide direct care to you.
- Clean and disinfect the equipment used in the room regularly.

You should:

- Clean your hands before you leave your room.

Family and Visitors should:

- Not assist other patients with their personal care as this may cause germs to spread.
- Wear a gown and gloves when they provide direct care to you.
- Remove the gown and gloves and dispose of them in a linen/garbage container located in your room once they are done caring for you.
- Clean their hands before their visit, after removing gloves and gown, and before leaving your room.



OUTPATIENT CLINIC

The healthcare provider will:

- Clean their hands and wear a gown and gloves before providing care.
- Clean their hands well and frequently.

You should:

- Do hand hygiene using alcohol based hand rub 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 discarding the tissue.



LONG-TERM CARE

Healthcare staff will:

- Clean their hands before and after providing care.

You should:

- Clean your hands every time you leave your room, before meals and after using the toilet.

If you develop an infection:

- You may be placed on Contact Precautions while you are being treated for infection.
- You may not be allowed to leave your room or participate in activities during this time.
- Staff will wear a gown and gloves when providing care.
- Family and visitors may be asked to wear a gown and gloves if assisting with your care.
- Once your infection is successfully treated, you will be able to leave your room and participate in activities again.



HOME

Healthcare staff will:

- Clean their hands often and wear a gown and gloves when providing care.
- Bring their own hand hygiene products with them.

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.
- Clean your hands before you make any food, before you eat, after using the toilet, and after sneezing, coughing, or blowing your nose.
- Launder clothing and linens in the same manner as the rest of the household laundry.
- Do routine cleaning using common household disinfectants.