

Airborne and Contact

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



What are Airborne Precautions?

Airborne Precautions are a set of simple actions that work together to slow down or stop the spread of these germs. The simple actions are wearing a special face covering and keeping you separate from other patients.

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 special air flow where the door must remain closed.
- Clean their hands well and often.
- Wear a special face covering called an N95 respirator, gown and gloves every time they are providing direct care to you.
- Place an Airborne and Contact Precaution sign on your door or curtain to remind others who enter your room about the special precautions.
- Clean and disinfect the room and 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 special face covering, gown, and gloves when they enter your room.
- Remove the gown and gloves and dispose of them in a linen/garbage container located in the room once they have finished caring for you.
- Clean their hands and remove their special face covering after leaving the room.



OUTPATIENT CLINIC

Your healthcare provider will:

- Clean their hands often.
- Wear a special face covering called an N95 respirator, 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 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 to remind others who enter your room about the special precautions.
- Wear a special face cover called an N95 respirator, gown, and gloves when providing care.
- Clean their hands well and often.

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 instructed to.

Family and visitors will:

- Clean their hand before entering and when leaving.
- May wear a special face cover called an N95 respirator, and/or a gown and gloves if assisting with your care.



HOME

Healthcare staff will:

- Wear a special face cover called an N95 respirator, a gown, and gloves when providing care.
- 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 the staff to their personal protective equipment.
- Clean your hands before you make food, before you eat, after using the toilet, after sneezing, coughing, or blowing your nose.
- Launder clothing in the same manner as the rest of the household laundry.
- Do routine cleaning using common household disinfectants.