

# Contact Plus 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 you sick. Our goal is to protect our patients, their families, and visitors from germs that might make them sick. Germs that can spread easily within the hospital environment and make other patients sick have been found in your gut. Contact Plus Precautions are a way of stopping the spread of germs from one person to another.



## What are Contact Plus Precautions?

Contact Plus 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, keeping you and your belongings separate from other patients, and using a special disinfectant.

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



### HOSPITAL

#### Healthcare staff will:

- In the hospital, you will be placed in a single room if available, or keep the curtains closed if you are in a room with other patients.
- Contact Plus Precautions sign will be placed on the door 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 are providing direct care to you.
- The room and equipment in the room will be cleaned and disinfected regularly with a special disinfectant.
- Ensure you will have a separate toilet or commode.

#### You should:

- Clean your hands before you leave your room.

#### Family and Visitors should:

- 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 once they have finished 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.



### LONG-TERM CARE

#### Healthcare staff will:

- Will clean their hands before providing care.

#### You should:

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

#### If you develop diarrhea:

- You may be placed on Contact Plus Precautions while you are being treated.
- 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 all 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 can access a clean sink with warm running water if needed
- Have a garbage receptacle available for the staff so they can discard medical waste and their personal protective equipment
- Put the waste generated from a home care visit in your regular household garbage.
- Clean their hands before making any food, before eating, after using the toilet and after helping others to use the toilet.
- Launder clothing and linens in the same manner as the rest of the household laundry.
- Do routine cleaning using common household disinfectants.