

# Droplet 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 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 one's hands before putting on and after removing these items is the second key action.

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



### HOSPITAL

#### Healthcare staff will:

- Place you in a single room if available, or keep the curtains closed around you if you are in a room with other patients.
- Clean their hands well and often.
- Wear a mask and eye protection whenever they are within two meters of you
- Place a Droplet 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:

- Not visit other patients as this may cause germs to spread.
- Wear a mask with eye protection when they enter your room.
- Clean their hands and remove their mask with eye protection after leaving the room.



### OUTPATIENT CLINIC

#### Your healthcare provider will:

- Clean their hands often.
- Wear a mask and eye protection before providing care.

#### You should:

- Call before attending appointment to ensure they are aware of your symptoms.
- Be ready to rebook if necessary.
- Wear a mask if you are given the okay to attend.
- 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:

- Place a sign on your door or curtain to remind others who enter your room about the special precautions.
- Wear a mask and eye protection when they are within 2 meters (7 feet) of you.
- 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 well.

#### Family and visitors will:

- Clean their hand before entering and when leaving.
- Wear a mask when they are within 2 meters (7 feet) of you.
- Wear eye protection if assisting with your care.



### HOME

#### Healthcare staff will:

- Wear a mask and eye protection.
- Clean their hands 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 discard their personal protective equipment. Put the waste in your regular household garbage.
- Clean your hands before you make food, before you eat, after using the toilet, 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.

#### In addition, you should:

- Wear a mask around others if you still have symptoms.
- Eat your meals in a separate area until your symptoms are gone.