

## What will happen at home?

If you had germs that placed you on Contact Precautions when you were in the hospital, the chance of spreading the germ to your family is small as long as you clean your hands well and often. We recommend that you practice the following:

1. Everyone who helps you with your personal hygiene or with going to the toilet should clean his or her hands after contact with you.
2. Clean your hands before you make any food and before you eat. Everyone in the household should follow this practice.
3. Clean your hands well after using the toilet. Make sure others that use the bathroom or sneeze, cough or blow their nose clean their hands well afterwards.
4. Clothing and linens may be laundered in the same manner as the rest of the household laundry.
5. No special cleaning of furniture or items (e.g., dishes) in the home is required. Routine cleaning and common household disinfectants are enough.
6. Always tell your physician, paramedics, nurses or other care providers that you have a germ requiring Contact Precautions, to help prevent spread to others.

## Questions?

For more information, contact your family doctor, or ask for the Infection Control Practitioner at your local facility.

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# Contact Precautions

Information for  
Patients, Families &  
Visitors



How you want to be treated.

## Precautions

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.

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

## What are Contact Precautions?

You have been placed on **Contact Precautions** because you have germs in or on your body that can spread easily within the hospital environment. Most of the time these germs won't make you sick. Patients with weak immune systems are at a higher risk of getting sick. Placing you on **Contact Precautions** informs the staff, so they can prevent the spread of these germs to other at risk patients by wearing a gown and gloves.

Remember that cleaning your hands frequently with alcohol-based hand sanitizer or soap and water is the most important way to prevent the spread of infection.

**Cleaning your hands will remove germs.** Is it important to clean your hands frequently. Alcohol-based hand sanitizer is the most effective way to clean your hands unless they are visibly dirty. When your hands are visibly dirty you need to use soap and water to remove the dirt.



**Gloves** place a barrier between the patient and the health care worker's hands. Health care workers must clean their hands before and after using gloves.

A **gown** places a barrier between a patient and the health care worker's clothing. This prevents spread to other patients by contaminated clothing.

## What will staff do when I am on Contact Precautions?

1. Place you in a single room if available (the door can remain open), or you may be with other patients.
2. Wear a long-sleeved gown and gloves every time they are providing direct care to you or having contact with your environment.
3. Place a sign on your door to remind others who enter your room about the special precautions.

4. Your room and the equipment used in the room will be cleaned and disinfected regularly.
5. Everyone who leaves your room must clean their hands well.
6. You must clean your hands before you leave your room or bed space.

## What about family and visitors?

Your family and visitors **should not assist other patients** with their personal care as this may cause germs to spread.

They are required to wear a gown and gloves when they provide direct care to you (for example, assisting with bathing, toileting, changing incontinent products, caring for wounds.) Feeding and pushing a wheelchair are not considered direct care.

Before leaving your room, visitors must remove the gown and gloves and dispose of them in a garbage/linen container located in your room. Then they must clean their hands.