

Working Together to Eliminate Healthcare-Acquired Infections

These precautions are in place to help prevent the spread of infection between patients in hospitals/healthcare facilities.

STANDARD PRECAUTIONS

Standard precautions should be used every time you visit friends, family or loved ones in the hospital/healthcare facility.

You should always:

- Wash or sanitize hands when entering and leaving a room
- Ask staff to wash or sanitize their hands as they enter and leave the room, even if they are going to wear gloves
- Cover mouth and nose with tissue when coughing or sneezing

CONTACT PRECAUTIONS

Your family member/loved one is under "Contact Precautions." These precautions help prevent the spread of infections among other patients in hospitals /healthcare facilities. These infections are spread by directly touching the patient or something that he or she has touched.

As a patient, family member or visitor, you can help by:

- Washing or sanitizing your hands when you enter or leave the room
- Asking staff to wash or sanitize their hands as they enter and leave the room, even if they are going to wear gloves

My family member or loved one is in the hospital, and they are under isolation precautions. What does that mean? What can I do to help the hospital/healthcare facility keep my family member or loved one, as well as myself, safe?

- Limiting where you go outside the room unless given permission by the nurse—this helps control the spread of germs to other patients, visitors and staff
- Limiting visitors to as few close family members as possible

DROPLET PRECAUTIONS

Your family member / loved one is under "Droplet Precautions." These precautions are in place to help prevent the spread of infection between patients in hospitals/healthcare facilities. This type of infection is spread by droplets in the air.

As a patient, family member or visitor, you can help by:

- Washing or sanitizing your hands when you enter or leave the room
- Asking staff to wash or sanitize their hands as they enter and leave the room, even if they are going to wear gloves
- Checking with the nurse before entering the room for the first time
- Wearing a mask while in the room
- Not visiting if you have a cold or any other symptoms of illness

AIRBORNE PRECAUTIONS

Your family member / loved one is under "Airborne Contact Precautions." These precautions are in place to help prevent the spread of infection between patients in hospitals/healthcare facilities. An airborne infection is spread by breathing microscopic sized droplets in the air that carry germs.

As a patient, family member or visitor, you can help by:

- Washing or sanitizing your hands when you enter or leave the room
- Asking staff to wash or sanitize their hands as they enter and leave the room even if they are going to wear gloves
- Checking with the nurse before entering the room for the first time. Do not enter the room if you have recently been or are ill
- Keeping the door to the room closed
- Limiting where you go outside the room
- Limiting visitors to close relatives only





*Working Together
to Make Healthcare Better*