

# 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*