



In this document, the term patient is inclusive of patient, resident and client. The recommendations made within this document apply to all health care settings

What are Airborne Precautions?

- **Airborne precautions** are the extra steps taken in a health care setting when patients have germs that can spread to others by breathing in the same indoor air. Some of these germs may also spread by touching the person or surfaces in their room.
- You are placed on **Airborne Precautions** or **Airborne and Contact Precautions** because you have, or are being tested for, one of these germs.

What does being on Airborne Precautions mean?

- A sign posted at the door to your room lets people know the extra steps needed to enter your room.
- You will be given a single room. The door must remain **shut** at all times.
- Everyone must clean their hands before entering and leaving the room (either with hand sanitizer or with soap and water in a designated hand hygiene sink).
- Staff and family/visitors need to wear special masks (N95 respirators) when they are in your room. They may wear other personal protective equipment (PPE) as directed by the sign on your door.

What can you do to help?

- Stay in your room and only leave for needed tests or therapy.
- If you need to leave your room, you must:
 - ⇒ put on a mask and wear it at all times when outside of your room (if able)
 - ⇒ clean your hands with hand sanitizer or soap and water when leaving your room and returning
 - ⇒ wear a clean gown/housecoat or clothes
- Please do not visit common areas, unit kitchens/mobile carts or public washrooms.

What can your family/visitors do to help?

- Family members and visitors must:
 - ⇒ Perform hand hygiene and wear PPE as indicated on the signage.
 - * They will need to speak to the nurse for directions to safely put on and take off PPE.
 - ⇒ Use public washroom facilities, not your washroom.
 - ⇒ Reschedule their visit if they are not feeling well (e.g., fever, coughing, sneezing, runny nose, diarrhea, nausea or vomiting).
- It is recommended that families avoid using common areas (e.g., TV lounges, kitchenettes) or visiting with other patients.

What do I do at home and in the community?

- Follow the advice of your local public health unit or health care provider.
- Clean your hands frequently with hand sanitizer or soap and water.
- Cover your nose and mouth with your upper arm or a tissue when coughing and sneezing. Discard the tissue and clean your hands.
- Clean surfaces such as counters, sinks and frequently-touched items with a disinfectant.

