



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 Droplet Precautions?

- **Droplet Precautions** are the extra steps taken in a health care setting when patients have germs that can spread to people nearby when they cough or sneeze. Some of these germs may also spread by touching the person or surfaces in their room.
- You have been placed on **Droplet Precautions, Droplet/Contact Precautions, or Droplet/Contact Plus Precautions** because you have, or are being tested for, one of these germs.

What does being on Droplet Precautions mean?

- A sign posted at the door to your room lets people know the extra steps needed to enter your room.
- You may be given a single room. The door can remain open.
 - ⇒ If a single room is not available, then a curtain is pulled around your bed.
- 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 personal protective equipment (PPE) including masks and eye protection when they are in your room. They may wear other 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?

- Stay at home until 24hrs after fever has resolved (without the use of fever-reducing medication) or all other symptoms have been improving for 48 hours, or as directed by your health care provider. To protect others in your household, sleep in a separate room and use a separate bathroom if possible.
 - ⇒ If you have an appointment and still have symptoms, inform your health care provider. If the appointment is urgent, please wear a mask while you are out. Attend the appointment and return home with no stops in between.
- 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.

