

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 Contact Precautions?

- **Contact Precautions** are the extra steps taken in a health care setting when patients have germs that can spread easily by people touching them or surfaces in their room.
- You are placed on **Contact Precautions** or **Contact Plus Precautions** because you have, or are being tested for, one of these germs.

What does being on Contact 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 and a commode chair may be provided for your personal use .
- 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).
 - ⇒ If you are on **Contact Plus Precautions** everyone must wash their hands with soap and water in a designated hand sink when leaving your room.
- Staff and family/visitors need to wear personal protective equipment (PPE) including gowns and gloves when they are in your room.

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:
 - ⇒ 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.
 - Note: For MRSA and VRE – visitors who are not providing direct care (e.g., assisting with feeding, bathing, toileting or helping you move around in bed) do not need to wear gloves and gown when visiting you.
 - ⇒ 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?

- 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.

