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# Droplet and Contact Precautions

## Long Term Care Family and Visitor Information

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**Droplet and Contact Precautions** are used when the resident has (or may have) germs in their lungs or throat that can be passed on to others. These germs may spread to others who are nearby when you cough or sneeze. The germs also spread when someone with germs on their hands touch surfaces, such as furniture, and then someone else touches that same surface.

Your family member or friend has been placed on Droplet and Contact Precautions to prevent the spread of germs to other residents, staff or visitors. This spread can happen when people have direct contact with the resident or surfaces in the room. **If you have any questions, please speak to the nurse before entering the room.**

**The resident will be placed in a room with green sign indicating Droplet and Contact Precautions. To prevent this germ from being taken out of the room and passed on to other residents, certain precautions will be taken.**

### What does this mean for family and friends?

- **Hand Hygiene:**
  - Always clean your hands before entering and when exiting the room.
  - If you are sitting on a chair in a resident's room but having no contact and are able to visit from a distance of 2 meters – a gown, gloves, mask and eye protection are not required. Wash your hands well when before and after leaving the room.
- **Mask and Eye Protection:**
  - If you are only visiting (with no direct contact) at a closer distance than 2 meters, put on a mask and eye protection before entering and discard it when you leave the room.
- **Gloves, Gown, Mask and Eye Protection:**
  - If you will be providing direct care (i.e., assisting a resident who is in bed with a meal, bathing or positioning) you need to wear a gown, gloves and mask/eye protection.
  - If the resident is in a multi-bed room, visitors need to wear gown, gloves and mask/eye protection if visitors are within 2 meters of the resident.

### When Droplet and Contact Precautions are in place the staff will:

- Clean hands before and after resident contact.
- Wear a mask and eye protection (within 2 meters of the resident) and gown and gloves when in contact with the resident or their environment.

### While on Droplet and Contact Precautions the resident should:

- Clean hands frequently, or be assisted to do so, especially after coughing and sneezing.
- Cover nose and mouth with a tissue or upper arm when coughing and sneezing, if able.

### Important Points:

1. It is advisable for the resident to stay in their room, if they have an active infection (coughing and sneezing). If the active infection is not over and the resident is feeling well enough to want to leave the room, they must wash their hands and wear a mask (if they are able to tolerate it). Please assist them as necessary.
2. Take valuables into the room and place on paper towel.
3. Use a public washroom. Do not use the resident's washroom.
4. Visit the resident on precautions after any other residents you may want to visit.
5. Clean your hands well before using common areas (TV lounges, kitchen area or nutrition carts) and upon leaving the room of the resident on precautions.

**Wash your hands or use hand sanitizer before and after you visit and after resident contact.**

## Safely Removing Gown and Gloves

**NOTE:** If you remove your gown and gloves incorrectly, you can get germs on yourself or the environment.

**NOTE:** Remove your gown and gloves before you leave the room or at the doorway to the resident's room.

1. Remove gloves first as shown. Discard into garbage.



- The outside of gloves are contaminated
- Take off gloves at doorway just inside the client room/space
- Glove-to-glove, pull forward and discard
- Then place fingers under other glove cuff pull forward and discard
- Discard one at a time – do not ball gloves together to minimize risk of self-contamination

2. Perform hand hygiene. See next page for instructions.

3. Remove the gown last as shown.



- Untie at neck and then the waist
- Slide 2 fingers under cuff of gown; pull hand into gown.
- Using covered hand, grab opposite sleeve and pull over hand
- Fold gown inward, rolling it outside-in, away from you
- Then place in disposal receptacle

4. Perform hand hygiene. See below for instructions.

Cleaning hands with hand sanitizer:



Cleaning hands with soap and water:

