
Droplet and Contact Precautions

Client, Family and Visitor Information – For Acute Care

Droplet and contact precautions are used when you have (or may have) germs in your 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 a bedside table or medical equipment, and then someone else touches that same surface.

The *droplet and contact precautions* client will be placed in a room with a *droplet and contact precaution* sign to notify staff, family and visitors of the required precautions. Some of our clients are very ill and need all of us to be very careful to protect them. We thank you for your help.

When droplet and contact precautions are in place the staff will:

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

While on droplet and contact precautions the client should:

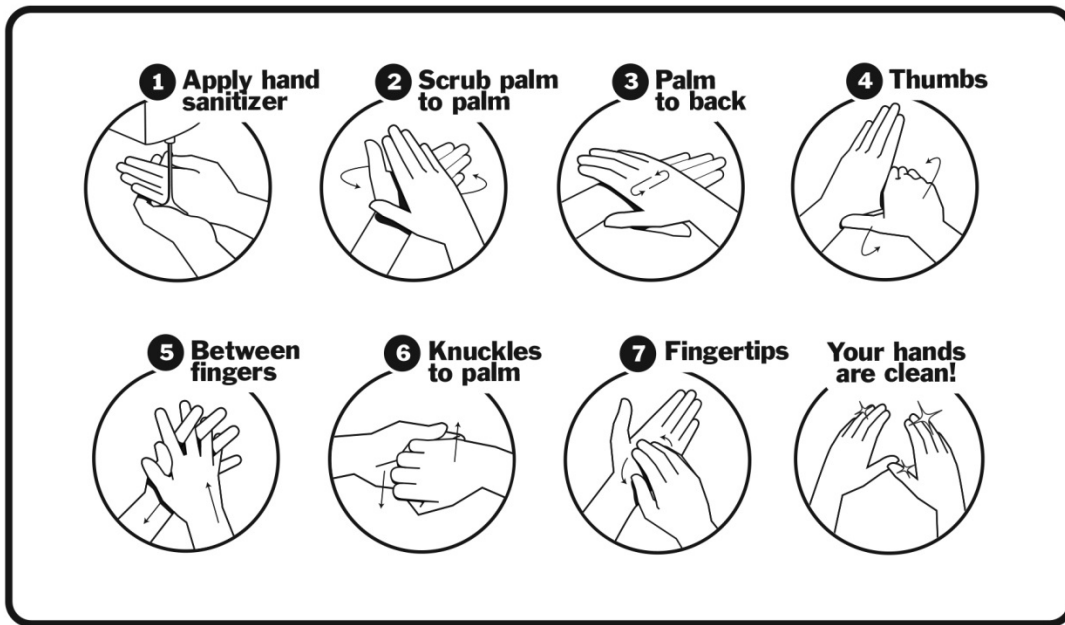
- Clean hands frequently, especially after coughing and sneezing.
- Cover nose and mouth with a tissue or upper arm when coughing and sneezing.
- Limit items in the room so it is easy to clean (i.e., books, cards, newspaper). Have things you do not need taken home.
- Limit visitors.
- **Stay in your room. Leave the room for required tests or therapy only.** If you need to leave your room for procedures, tests or therapies:
 - Make sure the nurse knows where you are going
 - Clean your hands with alcohol-based hand rub or soap and water as shown on back of the page
 - Gloves are not required
 - Masks are required
 - Staff will provide a clean housecoat or gown if you do not have freshly laundered clothes
 - Staff will wear a gown, gloves and mask/eye protection if they need to help you
 - If you leave the building, clean your hands before leaving and when you return
- Do not visit:
 - Common areas such as TV, reading and family rooms
 - Unit kitchen and mobile food carts
 - Public washrooms

What does this mean for family and friends?

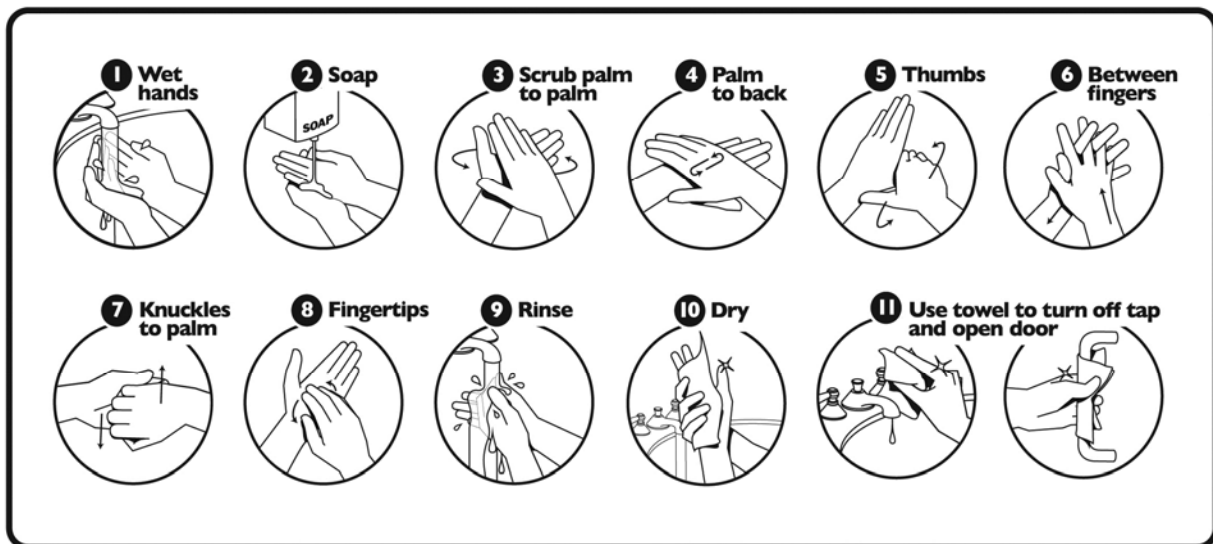
- Always clean your hands before entering and when exiting the room.
- If you are able to visit from a distance of 2 meters, clean your hands before and after the visit.
- If you are only visiting but at a closer distance, put on a mask and eye protection before entering and discard it when you leave the room.
- If you will be providing direct care (feeding, bathing, toileting, transferring) you need to wear a gown and gloves in addition to the mask and eye protection.
- If the client is in a multi-bed room, the privacy curtain should be pulled at all times.
- If the client is in a multi-bed room, visitors need to wear gown, gloves and mask/eye protection if visitors are within 2 meters of the client.
- Avoid visiting or assisting other clients.
- Use public washroom facilities, not the client bathroom.
- Avoid use of common areas when visiting (TV lounges, kitchen area or nutrition carts).

*See how to clean hands on back of page

Cleaning hands with alcohol-based hand rub:



Cleaning hands with soap and water:



If you have any questions, please speak to your nurse.