

# Droplet Precautions for You and Your Visitors

## General Information

You have been placed on droplet precautions because your illness could be spread to others through the air in droplets that are formed when you cough, sneeze or talk.

You could also spread the illness to your caregivers during certain medical procedures.

Handwashing is an important part of droplet precautions to keep everyone's hands clean and to avoid spreading by touching other people or objects in the room.

## What Kind of Infections Can be Spread by Droplets

Types of infections that can be spread include the cold, influenza, RSV (respiratory syncytial virus), pertussis (whooping cough) and mumps.

These illnesses are spread by droplets of saliva and mucus. These droplets can travel through the air up to 3 feet and can be breathed into the nose and mouth of another person, where the germ can grow and make that person sick.

The following precautions will be taken to help prevent the spread of your illness to others.

## During Your Hospital Stay

- You will be in a private room.
- A sign will be placed on your door to alert those who enter your room.

- You may have your door open.
- Everyone must cleanse their hands before entering and when leaving your room.
- Leave your mask on when a member of your health care team is in your room.
- Caregivers will wear masks for their protection.

## Precautions for You

- Stay in your room.
- Cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Put the tissue in the wastebasket. Wash your hands with soap and water or apply alcohol-based hand sanitizer.
- Cleanse your hands well and often.
- If you must leave your room, you will need to wear a mask. The mask must cover your nose and mouth.

## Precautions for Your Visitors

- Try to limit visitors to only those needed to support you during your illness.
- Your visitors need to check with a nurse before entering your room.
- Visitors must wear masks while visiting you. The nurse will give them masks to wear. The masks are needed to prevent your visitors from breathing in germs.
- Visitors must wear their masks the entire time they are in your room.