

Enteric Precautions for You and Your Visitors

General Information

You have an infection that can be spread to others by contact with contaminated hands, clothing, linens (sheets or towels), equipment or objects. The infection comes from stool or vomit.

The following precautions will help to prevent spreading your infection to others.

During Your Hospital Stay

- You will be in a private room, if possible. A sign will be placed on your door to alert those who enter your room.
- Your caregivers will wear gloves and gowns when they enter your room.
- You may have your door open.

Precautions for You

- Cleanse your hands often with soap and water, especially after using the bathroom.
- Tell your nurse right away if any soiled clothing or linens need to be changed.
- If you are able to leave your room, check with your nurse before you leave. When you return:
 - Make sure any open wounds are covered with a clean, dry bandage.
 - Cover your cough or sneeze by coughing or sneezing into a tissue or into your arm.

- Wash your hands and forearms with soap and water.
- If you are wearing hospital clothes, put on a clean gown and robe. If you are wearing your own clothes, they should not be visibly dirty.

You should not visit other patients in their rooms, spend time at the nursing station, or use the computers at the nursing station.

Precautions for Your Visitors

- Please limit your visitors to people you need to see while you are in the hospital. Visitors need to check with a nurse before entering your room.
- Visitors need to wash their hands with soap and water or use an alcohol-based hand sanitizer **before** entering your room.
- Visitors need to wash their hands with **soap and water** after leaving your room.
- Visitors need to wear gloves and gowns if they help with your care or will be visiting other patients in the hospital. A nurse will help them with what they need to wear.
- Do not let visitors sit on your bed or use your bathroom.
- Do not let infants or young children crawl on the floor.

When You Can Return to Work or School

- You should be able to return to work or school 48 hours after the diarrhea has stopped.
- Practice good hand hygiene and do it often, especially after using the bathroom and before handling food.
- Finish any antibiotic prescription you received. Follow the directions from your health care provider.

Information adapted from the Centers for Disease Control and Prevention and the Minnesota Department of Health.