

# Enhanced Respiratory Precautions for COVID-19

## General Information

You have been placed on enhanced respiratory precautions because your illness could be spread to others through either:

- the air (in droplets that are formed when you cough or sneeze or that can be created during certain medical procedures)
- contact with contaminated equipment or objects.

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

## During Your Hospital Stay

- You may be in a private room.
- A sign will be placed on your door to alert those who enter your room.
- Your caregivers will wear eye protection, a respirator or other special respiratory protection, gloves and gowns when they enter your room.

## Precautions for You

- Cleanse your hands often.
- 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 an alcohol-based hand sanitizer.
- If you are able, wear a mask whenever health care team members are in your room.

- Stay in your room.
- If you must leave your room:
  - Verify with nursing that you may leave your room.
  - You will need to wear a mask. The mask must cover your nose and mouth. Leave the mask on until you return to your room.
  - Wash your hands and forearms with soap and water, or apply alcohol-based hand sanitizer from the container on the wall before leaving your room.
  - 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.

## Precautions for Visitors

- Visitors are not allowed for anyone on enhanced respiratory precautions.
- Compassionate exceptions can be made. Talk with your nurse.