

# Contact Precautions for You and Your Visitors

## General Information

You have an infection (or are a carrier of certain types of bacteria) that can be easily spread to others by skin-to-skin contact or by contact with contaminated equipment or objects.

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.
- Check with your nurse before leaving your room.
- Before you leave your room:
  - Wash your hands and forearms with soap and water, or apply alcohol-based hand sanitizer from the container on the wall.
  - 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.
  - 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 with soap and water or apply alcohol-based hand sanitizer.

- Talk with your nurse to see if you can leave your room to visit the cafeteria, patient lounge or the visitor lounge. Your nurse will give you more instructions before you leave your room.
- 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 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 play, sit or crawl on the floor.
- Visitors need to wash their hands with soap and water or use an alcohol-based hand sanitizer before leaving your room.