



## 12.2 Patient and Family Airborne/Contact Precautions Information Sheet - English

### **Patient and Family** **Airborne/Contact Precautions Information Sheet**

#### **What are Airborne Precautions?**

Germs can be in small airborne particles that remain suspended in the air for long periods of time and are carried by air currents. People may breathe them in either in the same room as the patients or even if they are some distance away. This is called Airborne Transmission. Airborne Precautions help stop the spread of germs carried by airborne transmission.

#### **What are Contact Precautions?**

Germs can be spread directly by physical contact, such as when shaking hands, or indirectly, when someone touches an item someone else may have touched such as equipment, telephone or other objects. This is called Contact Transmission. Contact Precautions help stop the spread of germs from one person to another by direct or indirect contact.

Airborne and Contact Precautions help stop the spread of germs carried by airborne and contact transmission.

#### **What hospital procedures are used for Airborne & Contact Precautions?**

- The patient will be given a private room the door will be kept closed at all times, whether he/she is in the room or not
- A sign will be placed on the door to let everyone know the special precautions
- Staff will wear gloves and may wear long sleeved gowns while in the room
- Staff and visitors will wear special masks called respirators while in the room
- Staff will take the patient out of the room for medically essential purposes only
- Before entering or leaving the room all staff, patients and visitors will wash hands with soap and water if visibly soiled, or use alcohol-based hand rub

#### **What can the patient do to help?**

- Keep the door closed at all times whether in the room or not
- Stay in the room unless staff has approved leaving the room
- Put on a mask before leaving the room and keep it on at all times when out of the room
- Cover the nose and mouth with a tissue when coughing or sneezing, and throw the tissue away in the wastebasket in the room
- Wash hands with soap and water if visibly soiled, or use alcohol-based hand rub
  - Before leaving their room
  - After coughing
  - After going to the bathroom
  - Before eating



**What should the visitors do?**

- Read the sign on the door and discuss with the staff the precautions to follow
  - They will be educated by staff about how to wear the respirators while in the room
- Ask the staff if they have any questions
- Wear respirators, gloves and long sleeved gowns as instructed by the staff
- Wash their hands with soap and water if visibly soiled, or use alcohol-base hand rub before entering or leaving the room
- Visitors should be limited to family members or close friends

**Ask the nurse if there are any questions**