

# Infection Prevention & Control Fact Sheet

## CONTACT PRECAUTIONS *for the General Public*

---

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

Contact Precautions are steps taken in health care facilities to stop the spread of certain germs carried on hands, clothing and equipment. Germs may be picked up on hands after touching a person on Contact Precautions or items in the room such as clothing or equipment. Contact Precautions prevent germs of one person from being passed to another patient, resident, client, staff, designated caregiver or visitor.

### ***What happens when I am on Contact Precautions?***

- A sign may be placed on your door or bedside curtain to let everyone know special precautions are required.
- Staff will wear a gown and gloves if they have contact with you or things in your room
- Clean your hands often with either sanitizer or soap and water:
  - Before and after eating
  - After using the toilet
  - After coughing or sneezing.
- Stay in your room as much as possible.

### ***What can the person on Contact Precautions do to help?***

- Clean your hands often with either sanitizer or soap and water:
  - Before and after eating
  - After using the toilet
  - After coughing or sneezing.
- You are to stay in the room as much as possible.
- If the nursing staff say you may leave the room, follow these directions:
  - Clean your hands with sanitizer and put on a new clean housecoat or new clean cover gown with ties to the front (do not use a yellow gown).
  - Clean your hands again as you exit the room, clean your hands often while outside the room.
  - Wipe hand grips, wheel grips, and armrests of your wheelchair/walker with disinfectant before you exit the room.
- When you return to the room, follow these directions:
  - Remove the housecoat or cover gown and put into the SOILED laundry cart.
  - Clean your hands with hand sanitizer in your room.

### ***What should visitors/designated caregivers do?***

- Visitors should be limited to family/household members, or close friends.
- Read the sign on the door and talk to staff about what to do:
  - How to prevent spreading these germs and what the risks are
  - How to put on and take off gloves and gowns
  - Gowns and gloves are worn when helping with care such as bathing, toileting or changing soiled items
  - Parents or caregivers of children may not need to wear gowns and gloves when giving care, *please check with the nurse on the unit.*
- Clean hands often with hand sanitizer or soap and water:

- When coming into or leaving the room
  - After touching the person (example: helping with meals or drinks)
  - After touching items in the person's room (example: touching the bedrail, table)
  - Clean hands with soap and water, not hand sanitizer, when hands are visibly soiled.
- Do not place your belongings on the person's bed.
  - Do not come out of the room with gown and/or gloves on. If you need to temporarily leave the room, you must take off the gown/gloves, clean your hands and put on new gown/gloves to go back into the room.

***If you have been told to wear a gown and gloves:***

<b>To enter the room:</b>	
	1. Clean your hands with hand sanitizer.
	2. Put on a isolation gown. Ties to the back.
	3. Put on gloves. Gloves cover the cuffs of the gown. Change gloves between doing things with the person on contact precautions (example: after toileting, remove gloves and clean hands. Put on new clean gloves before providing further care, touching the patient or their environment).
<b>To change gloves in the room:</b>	
	1. Take off gloves, throw them in the garbage
	2. Clean your hands with hand sanitizer. If hands are visibly soiled use soap and water instead of hand sanitizer. Allow hands to dry.
	3. Put on a clean pair of gloves.
<b>To leave the room:</b>	
	1. Take off gloves and place into garbage and clean your hands with hand sanitizer.
	2. Take off the isolation gown. Place cloth gowns into the SOILED laundry cart inside the room; place paper gowns into the garbage. Do not wear the same gown for more than one person.
	3. Clean your hands with hand sanitizer upon exiting the room.

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