

## CONTAINMENT PRECAUTIONS FACT SHEET

### What are Containment Precautions?

Containment Precautions are actions to stop the spread of certain germs in hospitals.

### Why Containment Precautions?

Germs may be on our hands or clothes after we touch a patient. Germs may also be on things like light switches, door knobs, counters, equipment or anything else in a patient's room. Containment Precautions stop germs that spread by touch but not through the air. Containment Precautions are used when Routine Practices and Contact Precautions are not enough.

### How to Clean Your Hands:

Clean your hands with hand sanitizer or soap and water.

Use soap and water instead of hand sanitizer if you can see dirt on your hands.

### How to Use Hand Sanitizer:

- Put one to two pumps of product on your hand
- Rub it over all parts of your hands
  - Be sure to rub it:
    - on your finger tips
    - between your fingers
    - on the back of your hands
    - at the base of your thumbs
- Rub hands until they are dry

### Patients need to:

- Stay in your room except for tests or treatments

#### **TO LEAVE** your room, the patient needs to:

- Clean your hands
- Put on a new clean housecoat or new clean patient gown
- Use a blue gown, not a yellow gown
- Tie outer gown at the front
- Clean your hands again.
- We will clean your wheelchair or walker's hand grips, wheel grips and armrests before you leave your room.

#### **WHILE OUT** of your room, the patient needs to:

- Clean your hands after:
  - you touch your nose
  - you touch your mouth
  - you touch your hair
  - you touch your clothes

#### **TO RETURN** to your room, the patient needs to:

- Remove your housecoat or extra gown
- Put it in the SOILED laundry hamper
- Clean your hands

**Visitors need to:**

- Talk to the nurse before you go into the room. Learn about:
  - How to prevent spreading these germs
  - What the risks are
  - How to put on and take off a gown and gloves
  - How to use hand sanitizer
  - Do not put your coat or bags on the patient's bed

**BEFORE YOU GO INTO** the patient's room, the visitor needs to:

- Ask for help if you need it
- Clean your hands
- Put on a yellow gown
- Tie the gown at the back
- Put on gloves
- Pull the gloves over the gown cuffs

**WHILE IN** the patient's room, the visitor needs to:

- Take off gloves, clean hands and put on new clean gloves
  - after you help the patient take a bath
  - after you help the patient use the toilet
  - if your gloves are dirty

**BEFORE YOU LEAVE** the patient's room, the visitor needs to:

- Take off gloves and put in the garbage
- Take off the yellow gown.
- Put it in the SOILED laundry hamper in the patient's room.
- Do not wear the same gown to visit more than one patient
- Clean your hands when you leave the room

**TO CHANGE GLOVES** in the patient's room, the visitor needs to:

- Take off gloves
- Clean your hands
- Put on clean gloves

**TO LEAVE** the patient's room for *just a moment*, the visitor needs to:

- **Do not leave the patient's room with a gown or gloves on**  
To leave the room, even for *just a moment*, you must:
  - Take off your gloves and gown
  - Clean your hands
  - Put on a new gown and gloves to go back into the patient's room