

Extra Precautions

All of us have germs. Most germs are harmless, some are helpful. A few germs can make us sick. At Windsor Regional Hospital our goal is to protect our patients, and their loved ones from germs that might make them sick. In the hospital extra precautions are used as a way of stopping the spread of germs from one person to another.

What are “**Contact Precautions**”?

At WRH we use “**Contact Precautions**” when a patient has (or may have) germs in or on their body that can be harmful to others and are spread on our hands, and sometimes on clothing by touching items in the room.

Contact Precautions allow us to prevent the spread of these germs to others by wearing a gown and gloves. Gloves stop the spread of germs on our hands. A gown stops the spread of germs that may be on our clothing. We must still clean our hands before and after glove use.

If we need to use **Contact Precautions** we will:

- Use a single room or place patients with other low risk patients. The door or curtain can remain open.
- Wear gloves and a gown when we provide care or when we might touch items in the rooms.
- Place a sign on the door to tell others about the extra precautions in place.
- Clean our hands before and after we touch you.

What about family and visitors?

We ask that any loved ones visiting a patient in **Contact Precautions** wear a gown when they come into your room.

Gloves are only needed if they are going to care for you-such as, take you to the toilet or give you medicine.

This way they can protect themselves from getting sick, and helps us stop the spread of germs in the hospital. Family and visitors should not help other patients. Please ask the nursing staff for help if any patients are in need. Before leaving the room, take off the gloves and gown, and place them in the garbage or soiled linen hamper. Clean your hands when you leave the room.

When are family or visitors asked not to come to the hospital?

We ask that people who are sick to not visit patients in the hospital. If you have a cold or the flu, vomiting or diarrhea, a rash or a draining wound, please stay home and help us keep our patients healthy and safe.

What will happen at home?

There is less chance of spreading any of these germs at home, as long as we practice good hygiene habits.

At home patients should:

- Always wash their hands before they make food, before eating, after blowing their nose, and after using the toilet.
- Make sure that anyone who cares for them cleans their hands before and after touching.
- Wash their clothes in the same way as the rest of the clothing in the house.
- Use common household cleaning products to clean items in the home.
- Always tell their physician, paramedics, nurses or other people caring for them if they ever had a germ that resists drugs.



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