



## 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 “**Droplet and Contact Precautions**”?

At WRH we use “**Droplet and Contact Precautions**” when a patient has (or may have) germs in or on their body that can be harmful to others and are spread by coughing and sneezing, our hands, and sometimes on clothing by touching items in the room. **Droplet and Contact Precautions** allow us to prevent the spread of these germs to others by wearing a gown, gloves, masks and eye protection. Gloves stop the spread of germs on our hands. A gown stops the spread of germs that may be on our clothing. Masks stop the spread of germs into our mouths. Eye protection stops the spread of germs into our eyes and face. We must still clean our hands before and after glove use.

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

- Use a single room or place patients with other low risk patients. The curtain must stay closed if there are others in the room.
- Wear masks, eye protection, gloves and a gown when we provide care or when we might touch items in the rooms.
- Ask that patients wear a mask if they must leave their room.
- Place a sign on the door to tell others about the extra precautions in place.
- Clean our hands before and after we touch you.



## Cover Your Cough

**To prevent the spread of germs from coughing and sneezing, we must:**

- Cover our nose and mouth when coughing or sneezing (coughing into your elbow will work if you don't have a tissue).
- Put used tissues in the garbage.
- Clean our hands.
- Keep our hands away from our face.
- Clean our hands after coughing/sneezing and before touching things.

### What about family and visitors?

We ask that any loved ones visiting a patient in **Droplet and Contact Precautions** also wear gown, mask and eye protection 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, clean your hands, then remove your mask and eye protection and place them in the garbage or soiled linen hamper. Clean your hands when you leave the room.



# STOP