

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 (WRH) 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 Precautions”?

At WRH we use “**Droplet Precautions**” when a patient has germs that can be harmful to others and are spread when we cough or sneeze.

Luckily they do not travel far, and a curtain will catch them and stop their spread. These germs do not survive for long on clothing or curtains.

Droplet Precautions allows us to prevent the spread of these germs to others by wearing a mask and eye protection. 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 using masks and eye protection.

If we need to use Droplet 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 and eye protection when we provide care.
- * Place a sign on the door to tell others about the extra precautions in place.
- * Ask that patients wear a mask if they must leave their room.
- * 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 your hands.
- * Keep your hands away from your face.
- * Clean your hands after coughing/sneezing and before touching things.

What about family and visitors?

We ask that any loved ones visiting a patient in **Droplet Precautions** also wear masks and eye protection when they come into your room to protect themselves from getting sick.

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 mask and eye protection and place them in the garbage. 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 do 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.