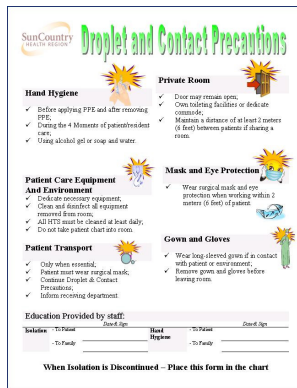


# Isolation Precautions

- You will be placed on Isolation Precautions if you have an infection that can be spread to other residents, patients, staff, or visitors.
- Ask your visitors to follow the precautions sign on your door. Depending on the precautions that are in place they may need to wear any or all of the following personal protective equipment: gown, gloves, mask, eye wear.



**SunCountry HEALTH REGION**  
**Droplet and Contact Precautions**

<b>Hand Hygiene</b> <ul style="list-style-type: none"> <li>Before applying PPE and after removing PPE.</li> <li>Using the 4 Moments of patient/resident care.</li> <li>Using alcohol gel or soap and water.</li> </ul>	<b>Private Room</b> <ul style="list-style-type: none"> <li>Use only rooms open.</li> <li>Own bathing facilities or dedicate commode.</li> <li>Maintain a distance of at least 2 meters (6 feet) between patients of different rooms.</li> </ul>
<b>Patient Care Equipment And Environment</b> <ul style="list-style-type: none"> <li>Use only necessary equipment.</li> <li>Clean and disinfect all equipment removed from room.</li> <li>All PPE must be cleaned at least daily.</li> <li>Do not take patient chart into room.</li> </ul>	<b>Mask and Eye Protection</b> <ul style="list-style-type: none"> <li>Wear surgical mask and eye protection when working within 2 meters (6 feet) of patient.</li> </ul>
<b>Patient Transport</b> <ul style="list-style-type: none"> <li>Only when essential.</li> <li>Wear mask and eye protection.</li> <li>Remove gown and gloves before leaving room.</li> <li>Inform receiving department.</li> </ul>	<b>Gown and Gloves</b> <ul style="list-style-type: none"> <li>Wear long-sleeved gown if in contact with patient or environment.</li> <li>Remove gown and gloves before leaving room.</li> </ul>

Education Provided by staff:  
Isolation: To Nurse \_\_\_\_\_, Head Nurse \_\_\_\_\_, To Family \_\_\_\_\_  
To Family \_\_\_\_\_  
When Isolation is Discontinued - Place this form in the chart

- There will be signs explaining how to put on and remove personal protective equipment or visitors can ask a nurse if they are unsure of what to do.
- Once your precautions have ended, visitors and staff will no longer be required to wear the personal protective equipment.

# Hand Hygiene

Proper hand hygiene is the single most important thing you can do to keep yourself and other patients and residents safe.



How you can help us prevent and control infections in our facilities



Information for Patients and Residents

## Why do I need to read this?

You may have heard about hospital associated infections. Sun Country Health Region is committed to reducing your chances of acquiring one of these infections by keeping our hands, equipment, and environment as clean and as safe as possible.

## Your help is important!

Sun Country Health Region's staff, patients, residents, and visitors all play an important role in stopping the spread of infection in our facilities.

You can help to stop the spread of infection by following a few simple rules and the guidelines in this brochure. Please take a few minutes to read through this brochure to find out how you can help!

## What can patients or residents do to help?

### Hand Hygiene

- Hand hygiene instructions can be found on the back of this brochure.
- Wash your hands after using the washroom and before eating.
- Remind visitors to wash their hands with soap and water or alcohol based hand rub when entering and exiting the facility and when entering and exiting your room.
- Remind staff and your doctor to wash their hands if you don't see them do it when entering and exiting your room or before and after any procedures.

### Visitors

- Make sure your visitors follow the facility's visiting times and rules.
- Ask your family and friends to not visit if they have any of the following symptoms: cough, fever, diarrhea, vomiting, or nausea.
- Remind your visitors that although children are welcome, young children and babies are more at risk of picking up and passing on infections.
- Encourage your friends and family members to get the flu shot every year. Remind them again when they are visiting you during flu season.

### Respiratory Etiquette

- Please cover your mouth and nose when coughing or sneezing.
- Make sure to cough or sneeze into your arm and ask your visitors to do the same.
- Remember to wash your hands afterwards.

### Clean Environment

- Keep your area tidy and clutter free. This makes it easier for staff to properly clean and disinfect your room. If proper cleaning and disinfection is not performed microorganisms may spread from one person to another.
- Do not share personal items or equipment, particularly toiletries with other patients or residents.
- Do not sit on other patient's or resident's beds. Ask your visitors to use the chairs provided.

