



## Contact Precautions Fact Sheet

### What are Contact Precautions?

Contact precautions are measures taken in hospital to prevent the spread of certain germs carried on hands, clothing and equipment.

### Why Contact Precautions?

Germs can be carried on hands after touching the person or items in the room and on items such as clothing or equipment. Contact precautions prevent germs of one person from being passed to another patient, resident, client staff, or visitor.

### Patients, residents and clients need to:

- Stay in their room.
- If the nursing staff say you may leave your room, follow these directions:

#### Exiting your room:

- Clean your hands with hand sanitizer and put on a clean housecoat or new clean cover gown with ties in the front. Do not use a yellow gown.
- Clean your hands again as you exit your room.
- Be aware that hand grips, wheel grips, and armrests of your wheelchair/walker are to be disinfected before you exit the room.

#### While out of your room:

- Clean your hands often. Some examples of when to clean your hands include after contact with clothing under the cover gown, after using tissues, before and after eating.

#### Returning to your room:

- Remove the housecoat or cover gown and put it into the soiled laundry hamper.
- Clean your hands with hand sanitizer in your room.

### Visitors need to:

- Talk to the nurse before entering the room and receive information about how to prevent spreading these germs and what the risks are.
- Receive information about how to put on and take off gloves and gowns. Gowns and gloves are worn when helping with care such as bathing, toileting or changing soiled items.
- Clean hands with hand sanitizer on entering and on exiting the room AND after touching items in the person's room, or contact with the person (i.e., assisting with meals or drinks, touching bedrails or tables)

- Do not place your belongings on the person's bed or use their washroom. Staff will direct you to a washroom for public use.

**If advised to wear gowns and gloves, follow these directions:**

ENTERING the room:

1. Clean your hands with hand sanitizer.
2. Put on a yellow gown. Ties go to the back.
3. Put on gloves. Gloves cover the cuffs of the gown. Change gloves between care activities and procedures (i.e., after toileting, remove gloves and clean hands. Put on new clean gloves before providing further care).

EXITING the room:

1. Take off gloves and place into garbage.
2. Take off yellow gown. Place cloth gowns into soiled laundry hamper inside room; place paper gowns into the garbage.
3. Clean your hands with hand sanitizer upon exiting the room.

Do not come out of the room with gown and/or gloves on. If you need to temporarily exit the room, you must take off the gown/gloves, clean your hands and put on new gown/gloves to go back in the room.

**To change gloves in the room, follow these instructions:**

1. Remove gloves.
2. Clean your hands with hand sanitizer. If hands are visibly soiled use soap and water instead of hand sanitizer. Allow hands to dry.
3. Put on a clean pair of gloves.