



Containment Precautions Fact Sheet

What are Containment Precautions?

Containment Precautions are actions to stop the spread of certain germs in hospitals.

Why Containment Precautions?

Germs may be on our hands or clothes after we touch someone. Germs may also be on things like light switches, door knobs, counters, equipment or anything else in a patient's room. Containment Precautions stop germs that spread by touch and are used when Routine Practices and Contact Precautions are not enough.

How to Clean Your Hands:

Clean your hands with hand sanitizer or soap and water.

Use soap and water instead of hand sanitizer if you can see dirt on your hands.

How to Use Hand Sanitizer:

- Put one to two pumps of product on your hand
- Rub it over all parts of your hands
 - Be sure to rub it:
 - On your finger tips
 - Between your fingers
 - On the back of your hands
 - At the base of your thumbs
- Rub hands until they are dry

Patients need to:

- Stay in your room except for tests or treatments

TO LEAVE the room, the patient needs to:

- Clean your hands
- Put on a new clean housecoat or new clean patient gown
- Tie outer gown at the front
- Clean your hands again
- We will clean your wheelchair or walker's hand grips, wheel grips and armrests before you leave your room

WHILE OUT of the room, the patient needs to:

- Clean your hands after:
 - You touch your nose
 - You touch your mouth
 - You touch your hair
 - You touch your clothes

TO RETURN to the room the patient needs to:

- Remove your housecoat or extra gown
- Put it in the soiled laundry hamper
- Clean your hands

Visitors need to:

- Talk to the nurse before you go into the room. Learn about:
 - How to prevent spreading these germs
 - What the risks are
 - How to put on and take off a gown and gloves
 - How to use hand sanitizer
 - Do not put your coat or bags on the patient's bed

BEFORE YOU GO INTO the patient's room, the visitor needs to:

- Ask for help if you need it
- Clean your hands
- Put on a yellow gown
- Tie the gown at the back
- Put on gloves
- Pull the gloves over the gown cuffs

WHILE IN the patient's room, the visitor needs to:

- Take off gloves, clean hands and put on new clean gloves
 - After you help the patient take a bath
 - After you help the patient use the toilet
 - If your gloves are dirty

TO CHANGE GLOVES in the patient's room, the visitor needs to:

- Take off gloves
- Clean your hands
- Put on clean gloves

BEFORE YOU LEAVE the patient's room, the visitor needs to:

- Take off gloves and put in the garbage and perform hand hygiene
- Take off the yellow gown and put it in the soiled laundry in the patient's room
- Clean your hands

TO LEAVE the patient's room for just a moment, the visitor needs to:

- **Do not leave the patient's room with a gown or gloves on**
 - Take off your gloves and gown
 - Clean your hands
 - Put on a new gown and gloves to go back into the patient's room