



Patient Guide: Contact Precautions

We want you to know that we care about your health and strive to provide all of our patients with excellent care. This brochure was designed to assist you, and your visitors, to understand how contact precautions help prevent the spread of infection.

What are Contact Precautions?

Contact precautions are a way for us to help prevent the spread of infection. If you have been placed on contact precautions it means that you carry germs that could cause serious illness if spread to others. These germs can live on your skin, clothing, and on surfaces in your room (table, bed, linens, etc). You do not have to feel sick to transmit germs that could make others ill. Staff and visitors who touch you or surfaces in your room could carry these germs out of your room into the hospital.

How do you help prevent the spread of infection?

Staff and visitors will practice hand hygiene and put on a gown and gloves prior to going into your room to reduce the risk of bringing new germs into your room that could make you ill. Staff and visitors will remove the gown and gloves and practice hand hygiene when leaving your room to help prevent carrying germs out of your room. You can remind staff and visitors to wear the gown and gloves.

What can YOU do to help keep everyone safe from infections?

We ask that you remain in your room until you are discharged or have been removed from contact precautions. If you must leave your room please practice hand hygiene and put on a clean bathrobe. This lowers the risk of spreading germs through the hospital. It's okay to remind staff and visitors to practice hand hygiene when they enter and exit your room.

How to practice hand hygiene:

You should use soap and water when hands are visibly dirty, after you use the restroom, and before eating or touching food.

To clean your hands with soap and water:

- Wet hands with warm water.
- Apply soap and rub together for at least 15 seconds.
- Make sure you rub your palms, fingernails, in between fingers, and the backs of your hands.
- Rinse and dry.

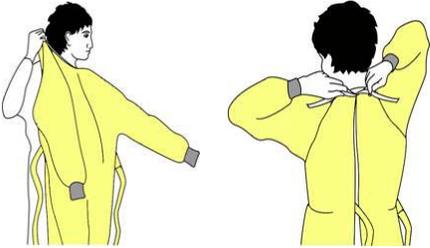
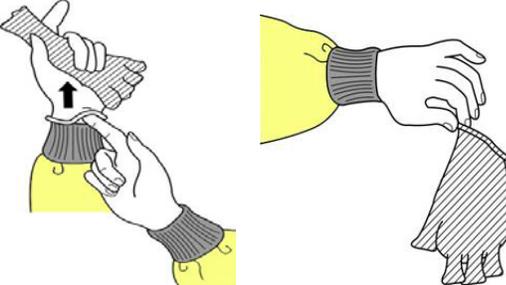
- If you are in a public restroom, use a clean paper towel to turn the water off.

Alcohol-based hand sanitizers are another great way to clean your hands. Use them when your hands do not look dirty.

- Rub sanitizer all over your hands, under your nails and between your fingers until your hands are dry.

How do I put on gowns and gloves?

Always practice hand hygiene before putting on gowns and gloves. You may use the foam that is hanging on the wall just inside the patient's room.

<p>To put the gown on</p> <p>Fasten the opening of the gown in the back at the neck and waist.</p> <p>The gown should cover the torso from the neck to the knees.</p> <p>The arms of the gown should end at the wrist.</p>	
<p>To put the gloves on</p> <p>Pull gloves on so that they cover the end of the gown at the wrist.</p>	
<p>To remove the gown</p> <p>First take the gown off by untying the neck and waist, then peel the gown off by grasping each shoulder and pulling. Wrap the outside of the gown up by turing the gown inside out as you remove it.</p> <p>Discard the gown in a garbage can.</p>	
<p>To remove the gloves</p> <p>Remove the gloves by grasping the outside of the glove with the opposite gloved hand and peel off.</p> <p>Slide the fingers of the ungloved hand under the remaining glove and pull off.</p> <p>Discard in the garbage.</p>	

Always practice hand hygiene right away after removing gowns and gloves.