

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 may 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 new clean housecoat or new clean cover gown with ties to the front.(don't 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 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 eating.

Returning to your room:

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

Visitors need to:

- Talk to the nurse before entering the room: Receive information about:
 - How to prevent spreading these germs and what the risks are.
 - 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. Parents or caregivers of children may not need to wear gowns and gloves when giving care, please check with the nurse on the unit.
- Clean hands with hand sanitizer:
 - On entering and on exiting the room.
 - After touching items in the person's room, or contact with the person (e.g., assisting with meals or drinks, touching bedrail, tables).
- Clean hands with soap and water, not hand sanitizer, when hands are visibly soiled.
- Do not place your belongings on the person's bed.

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 (e.g., 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 the yellow gown. Place cloth gowns into the SOILED laundry cart inside the room; place paper gowns into the garbage. Do not wear the same gown for more than one person
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 into 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.