

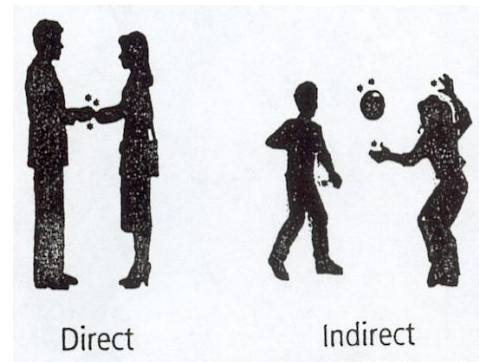
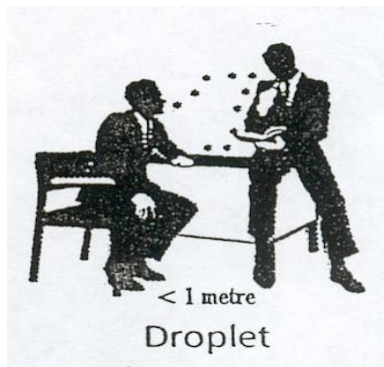


## 8. Droplet/Contact Precautions

### 8.1 Introduction

Droplet/Contact Precautions are required for patients diagnosed with, or suspected of having infectious microorganisms transmitted by the droplet route and contact routes. Refer to 3.3, Droplet transmission for a description of droplet transmission, Direct contact transmission and Indirect contact transmission for descriptions of contact transmission.

Droplet/Contact Precautions are followed in addition to Routine Practices. Routine Practices shall be adhered to at all times by all healthcare workers.



### 8.2 Indications for Droplet/Contact Precautions

Droplet/Contact Precautions are implemented according to the Clinical Presentation/Microorganism/Infectious Disease Table. Refer to this table for specific disease/microorganism information. Refer to Implementation of Additional Precautions on page 5.1.

### 8.3 Accommodation

Patients shall preferably be placed in a single room. No special air handling and ventilation are necessary

- The door may remain open
- Room should have dedicated toilet, hand hygiene, and bathing facilities



In instances where there are not a sufficient number of single rooms, cohort patients with the same microorganism together. This shall be done in consultation with Infection Prevention and Control.

If a single room is not available and cohorting is not possible consult Infection Prevention and Control

- Maintain a separation of at least one metre between patients
- Roommates and all visitors shall be aware of precautions to follow
  - Select roommates for their ability, and that of their visitors, to comply with Droplet/Contact Precautions
  - Roommates should not be at high risk for acquiring an infection (e.g., chronic lung disease, severe congenital heart disease, immunodeficiency)

For newborn nurseries, a single room is not necessary if there is a 1-2 metre separation between infant stations

## 8.4 Hand Hygiene

Healthcare workers shall remove gloves and gown and perform hand hygiene before leaving the room/cubicle. After hand hygiene take care not to contaminate hands before leaving the room.

Healthcare workers shall perform hand hygiene after removal of the surgical/procedure mask.

Refer to Removing Personal Protective Equipment in Appendices 6 and 7.

## 8.5 Personal Protective Equipment

### Masks

A surgical/procedure mask shall be worn by all healthcare workers when within one metre of patient, and for procedures that may result in coughing, splashing, and aerosol production

- For care of patients with Rubella, immune persons do not need to mask. Non-immune persons shall enter the room only if absolutely necessary and shall wear a surgical/procedure mask



### Masks shall be

- Worn once
  - Changed
    - When wet
    - If the front of the mask has been touched, and/or
    - When contaminated with patient secretions
  - Removed in a manner preventing contamination. Refer to Removal of Personal Protective Equipment in Appendices 6 and 7
  - Removed after exit of the isolation room/cubicle

Masks shall never dangle around the neck.

### Eye Protection

Goggles, glasses, or face shields are worn when within one metre of a coughing patient with symptoms of respiratory infection and for procedures that may result in coughing, splatter, and/or aerosols

- Goggles, glasses or face shields shall be removed in a manner preventing contamination. Refer to Removal of Personal Protective Equipment in Appendices 6 and 7
- If reusable, send the eye protection for cleaning and disinfection according to facility policy

### Gloves

- Are worn when entering the room or patient's designated bed space in shared room
- Are removed before leaving the room or the patient's designated bed space

### Gowns

- Are worn if clothing or forearms will have direct contact with the patient
- Are worn if it is anticipated clothing or forearms will be in direct contact with frequently touched environmental surfaces or objects, and there is an increased risk of the environment being contaminated (e.g., incontinent patient, diarrhea, or drainage from wound, colostomy or ileostomy not contained by dressing)

Remove gown before leaving the room or patient's designated bed space.



## 8.6 Patient Transport

Patient transport out of the room is for medically essential purposes only.

In advance of the procedure, notify the Patient Transport Services and the receiving department regarding the need for Droplet/Contact Precautions

Maintain Droplet/Contact Precautions while the patient is outside the isolation room

- Before use, cover the clean transport chair or stretcher with a cover sheet
- Clean gown and gloves for healthcare worker for transport. Take care not to contaminate the environment with soiled gloves
- The patient wears a surgical/procedure mask
- The patient performs hand hygiene prior to leaving the room
- Transport staff do not need to mask if patient wears a mask
- After use, clean and disinfect the transport chair/stretcher in the room
- Remove gown and gloves and perform hand hygiene before leaving the room
- The patient performs hand hygiene after removal of the surgical/procedure mask

## 8.7 Equipment and Environment

Patient-care equipment (e.g., thermometers, blood pressure cuffs, lifts/slings) should be dedicated to the use of the patient and cleaned and disinfected before reuse with another patient.

Disposable patient care equipment and supplies shall be discarded.

Toys and personal effects should not be shared with other patients.

The patient record and other papers shall not be taken into the room. If the patient record is required to accompany the patient for tests or treatments, it shall be placed in a protective cover to prevent contamination.

If personal documents are required to be taken into the room

- Wipe the table the document is to be signed with facility- approved disinfectant
- The patient shall perform hand hygiene
- Patient should have a dedicated pen in the room. If not, after signing, wipe the pen with facility-approved disinfectant



All horizontal and frequently touched surfaces shall be cleaned daily and immediately when soiled.

Special cleaning procedures may be required in an outbreak situation. This will be determined in consultation with Infection Prevention and Control.

## 8.8 Patient/Family

The patient and/or family should be educated about the nature of the patient's infectious disease, the precautions to adhere to, and the length of time the precautions will be in place. Refer to the 'Patient/Family Information Sheet on Droplet/Contact Precautions' in Appendices 12.5 and 13.

Instruct the patient/family regarding Respiratory Hygiene/Cough Etiquette

- When coughing or sneezing, cover the nose and mouth with a tissue, or cough into his/her shoulder
- Immediately dispose of the tissue in the appropriate waste receptacle, and
- Perform hand hygiene

Refer to the Cover Your Cough Pamphlet in Appendix 9.

Instruct the patient about the appropriate use and management of PPE

- How to correctly apply and wear a surgical/procedure mask
- How to remove the surgical/procedure mask to prevent contamination
- Know the procedure and importance of hand hygiene following removal of the surgical/procedure mask

If required, instruct the family about assisting with application of the surgical/procedure mask for the patient.

Instruct the patient and family about preventing transmission of the infectious disease to his/her family, and friends during his/her hospital stay and upon his/her return to the community.

Instruct the patient and family about the procedure, and importance of hand hygiene.



## 8.9 Visitors

Visitors shall be informed about the precautions to adhere to.

Instruct the visitors about the procedure, and importance of performing hand hygiene.

Visitors shall wear a surgical/procedure mask when within one metre of the patient with the following exceptions

- Visiting patients with Rubella, a surgical/procedure mask is not needed if the visitor is immune
  - Non-immune visitors should enter the patient's room only if necessary and wear a surgical/procedure mask
- For patients with acute viral respiratory infections, surgical/procedure masks may not be mandatory for visitors. The risk to the health of the visitor should be evaluated

The nurse shall talk with visitors before entering the isolation room, and

- Assess the risk to the health of the visitor and the risk of the visitor transmitting infection
- Shall instruct the visitor about the appropriate use of the surgical/procedure mask
- If indicated, shall instruct the visitor about the appropriate use of gowns, gloves and other precautions

Keep the number of visitors to a minimum (at the discretion of the unit staff).