



Appendix B

Resident and Family/Visitor Contact Precautions Information Sheet

What are Contact Precautions?

Germs can be spread directly by physical contact, such as when shaking hands, or indirectly, when someone touches an item someone else may have touched such as equipment, telephone or other objects. This is called Contact Transmission. Contact Precautions help stop the spread of germs carried by contact transmission.

What procedures are used for Contact Precautions?

- The resident may be given a private room. The door can be kept open. If the resident is not placed in a private room, the curtain may be drawn around the bed.
- A sign will be placed on the door or cubicle curtain to let everyone know the special precautions required.
- Staff will wear gloves and may wear long sleeved gowns when they have contact with the resident or objects in the room.
- The resident may be taken out of the room for medically essential purposes only and may be restricted from group activities.
- Before entering or leaving the room all staff, residents and visitors will wash their hands with soap and water if visibly soiled, or use an alcohol-based hand rub.

What can the resident do to help?

- Stay in the room unless staff has approved leaving the room.
- Wash your hands with soap and water if visibly soiled, or use alcohol-based hand rub:
 - Before leaving their room
 - After going to the bathroom
 - Before eating

What should the family members/ visitors do?

- Read the sign on the door and discuss with staff the precautions to follow
 - Staff will educate the family members/visitors on the necessary precautions
- Wear gloves and long sleeved gowns as instructed by the staff
- Wash your hands with soap and water if visibly soiled, or used an alcohol-based hand rub before entering and on leaving the room
- Visitors should be limited to family members and/or close friends

Ask the nurse if there are any questions