

Hand Hygiene is Key to Infection Prevention

How to perform hand hygiene:

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.

How to use Alcohol Based Hand Rub (ABHR)?

Step 1: Apply 1 full pump (quarter size) of ABHR onto hands.

Step 2: Rub hands together, spreading ABHR on all areas of the hands including nails, palms, back of hands, and between fingers.

Step 3: Continue rubbing until hands until they are dry; 15-30 seconds.

This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following source:

Public Health Ontario. *Routine Practice and Additional Precautions*
https://www.publichealthontario.ca/en/BrowseByTopic/InfectiousDiseases/PIDAC/Pages/Routine_Practices_Additional_Precautions.aspx



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Additional Precautions



Patient/Visitor Information

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What are Additional Precautions?

Additional Precautions (isolation) are put in place to ensure the safety and protection of patients and their families against contracting or transmitting any infections or diseases.

Types of Additional Precautions include: Contact, Droplet/Contact, Enhanced Droplet/Contact, Airborne or a combination such as or Airborne/Contact.

How will I know what Additional Precautions are in place?

The door to the room will be clearly marked by a brightly coloured sign. This sign will tell the hospital staff and visitors what precautions they need to take to ensure protection.

Before entering a room with a precaution sign on the door, check with the nurse who will provide you with instructions on using Personal Protective Equipment (PPE).

What are the Types of Additional Precautions?

Contact (Yellow Sign): This means when entering the room, you must wear a fluid resistant gown and gloves.

Droplet/Contact (Green Sign): When entering the room, you must wear a fluid resistant mask and eye protection along with a fluid resistant gown and gloves.

Enhanced Droplet/Contact (Blue Sign): Visitors must speak to nursing staff **before entering the room**. You must wear the same PPE as Droplet/Contact precautions.

Airborne (Pink Sign): Visitors must speak to nursing staff **before entering the room** and wear a fluid resistant mask or a N95 respirator with good fit characteristics. Nursing staff will direct you on what PPE to wear.



Important to Remember

While visiting someone in the hospital please remember to screen yourself for symptoms. If you have a fever or chills and/or a new or worsening cough, vomiting or diarrhea please do not visit.

If you are asked by a nurse to wear PPE while present in a patient room, please wear it correctly:

- The mask must cover your nose and mouth
- The gown must be free of holes and tied up at the back of the neck and around the waist.
- The gloves must cover your hands and your wrists.
- When leaving an isolation room: PPE must be removed in the correct order, dirtiest item first. Please speak to the nurse for instructions on putting on and taking off your PPE.
- Don't forget to wash your hands.