

Information for patients who are on Additional Precautions

You are on Additional Precautions because you may have an infection or be carrying a germ that others can get. The type of Additional Precautions (often called isolation), that you are on, is based on how the germ you have is spread to others.

There are 4 types of Additional Precautions:

Contact Precautions – the germ is spread by hands or any item in which you have had contact.

Droplet Precautions – the germ is spread in large droplets in coughing, sneezing or certain medical procedures.

Droplet/Contact Precautions – the germ is spread by hands and by items you have touched and by large droplets from coughing and sneezing.

Airborne Precautions – the germ is spread by tiny droplets in the air.

If you are on Additional Precautions:

- Your health care provider will:
 - Talk to you about why you are in isolation.
 - Provide you with written information about why you are in isolation.
- Please check with your nurse or infection control practitioner the first time you go outside of your room,
- You can leave your room for physiotherapy, occupational therapy, recreational therapy or unit worship service. You must clean your hands on exiting your room.
- Do not visit another patient.
- Only use the bathroom in your own room.
- Do not use the kitchen on the unit or ward.

Everyone coming into your room must:



- Follow the Precautions' sign posted on your door.
- Clean their hands when entering and leaving your room.
- Wear personal protective equipment (e.g. gown, gloves and mask as shown on the Precaution sign).

Specific instructions include:

Contact Precautions

- Clean your hands for 15 seconds with hand sanitizer each time you enter or leave your room.
- Wear clean clothing when leaving your room.

Droplet Precautions

- Clean your hands for 15 seconds with hand sanitizer each time you enter or leave your room.
- Wear a mask when leaving your room.

Droplet/Contact Precautions

- Clean your hands for 15 seconds with hand sanitizer each time you enter or leave your room.
- Wear clean clothing when leaving your room.
- Wear a mask when leaving your room.

Airborne Precautions

- Clean your hands for 15 seconds with hand sanitizer each time you enter or leave your room.
- Wear a mask when leaving your room.
- Make sure the door to your room stays shut.

Adherence to Infection Prevention and Control measures by staff and visitors is required to prevent spread of the infection.

**Stop the spread of germs and infection.
Clean your hands.**



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 Infection Prevention & Control or your health care provider.