

WHAT CAN I DO TO HELP WITH HOSPITAL ACQUIRED INFECTIONS?

IMPORTANT INFORMATION FOR VISITORS, FAMILIES AND PATIENTS

Information for Patients

If you contract a hospital acquired infection (c-difficile, MRSA or VRE) while you are in hospital, a number of special steps will be taken to stop the spread. These precautions include:

- You will be placed in a single room if possible (you may also be placed in the same room as another patient who has acquired the same infection)
- Persons caring for you will wear a long sleeved gown and gloves
- A sign will be placed on your door to remind all those who enter your room about the special precautions
- The room and the equipment used in the room will be cleaned and disinfected regularly.
- Everyone who leaves your room must clean their hands well.
- You must wash your hand before you leave your room.
- Your family and visitors should not help other patients with their personal care as this may cause the germ to spread. Gloves must not be worn outside of your room and anyone must clean their hand prior to leaving the room.
- You can ask your care providers (doctors, nurses, etc.) if they have washed their hands!

Information for Family and Visitors

If your loved one has contracted a hospital acquired infection there are a number of things you can do to help stop the spread:

- Practice good hand hygiene – clean your hands before and after you leave the room. Good hand hygiene practices are defined as 15 second wash with soap and water. If sinks are not available waterless hand rum may be used.
- You need to follow the precautions as indicated on your loved one's room. That includes wearing gloves and a gown while in the room.
- Follow the hospital's visiting policy and respect all the patients in the hospital.
- Do not use the patient's bathroom.
- Remember that anything you bring into a patient that cannot be cleaned will be discarded when isolation is discontinued.

The #1 thing we can all do to help prevent the spread: WASH YOUR HANDS

Good Hand washing Practices:

You need to clean your hands:

- After using the bathroom
- After blowing your nose
- Before eating and drinking
- Before and after touching your dressing or wounds
- When your hands are visibly dirty (soiled)
- Before you leave your room

Appendix B: Hand Hygiene

Using an Alcohol-Based Hand Rub



Apply 2 - 3 mL of product to the palm of one hand.



Rub hands together covering all surfaces including fingernails, web spaces, thumbs and palms.



The product generally dries within 15 - 20 seconds.

Ensure hands are completely dry before performing another task.

If you have any questions please contact:

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