

What are 'Additional Precautions'?

Everyone has germs. While most are harmless, some (like those that cause colds and stomach flu) can make people sick.

We use 'Additional Precautions' to stop the spread of germs to other patients or clients, visitors, and staff.

These precautions are temporary.

When on 'Additional Precautions':

- We ask the patient to remain in their room as much as possible.
- We put a sign at the entrance to the room and at the bedside. This sign alerts our staff to use gowns, gloves, and/or masks with eye protection when giving care.



When visiting

Clean your hands when coming into and leaving:

- the hospital
- the patient's room

When you see an 'Additional Precautions' sign, ask staff for further instructions.

Make sure your immunizations and vaccinations are up to date.

During flu season, get your flu shot or wear a mask. (Masks available at front entrance to hospital.)

Be understanding. The person you are visiting might be in good health; however, others may not be.

Plan ahead. After visiting a patient on 'Additional Precautions', try not to use common areas such as the cafeteria, coffee shop, or gift shop.

Image Credits
Nurse/patient, cleaning hands and ill woman: MS Photo
Cover cough: Shutterstock
Hospital Gown: www.OUTFOXprevention.com
From the Noun Project:
- Gloves created by Hugo Alberto
- Mask created by Maxi Koichi (adapted)

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

Preventing Infections In Acute Care Hospitals



Information for Families and Visitors

Infection Prevention and Control
It's Everyone's Responsibility



Clean Your Hands

We touch all kinds of things that germs can live on: door handles, elevator buttons, hand rails.....

The simplest way to prevent the spread of germs is to clean your hands often.

Use hand sanitizer often:

- Put a Loonie-sized amount in your hands.
- Rub all areas of your hands for 15 to 20 seconds.



If your hands are dirty:

- Wet your hands with warm water.
- Use soap to wash.
- Rub all areas of your hands with soap for 15 to 20 seconds.
- Rinse and then dry.
- Use paper towels to turn off the taps.



Help the patient you are visiting clean their hands before meals and after using the bathroom.

Cover Your Cough

When a person coughs or sneezes, germs are spread through their nose and mouth. Another person might breathe these germs in.



Germs can land on surfaces and be picked up on hands, possibly spreading infections such as colds and flu.

Cover your cough and sneeze by using your sleeve, or a tissue. Throw the tissue into the garbage right away and clean your hands.

Coughs and Sneezes... Spread Diseases

Help Keep Those Germs Away!

If You Are Not Well, Stay Home

Germs can be spread before you even know you are sick.



Other people might not be able to fight off infections as easily as you might. Even a cold or flu can lead to serious health problems.

That is why it is so important to not visit when you are sick or not feeling well.

You are always welcome to call instead to check on your loved one.

Please **do not visit** if you have:

- a fever
- a cough
- diarrhea
- feel sick to your stomach (nausea) and/or throwing up (vomiting)

It takes **everyone** in our hospitals to keep each other safe and healthy!