

## 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 visitors, staff, and other residents.

These precautions are temporary.

When on 'Additional Precautions':

- We ask the resident 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.
- We try and balance the need for 'Additional Precautions' with our home-like environment.



## When Visiting

Clean your hands when coming into and leaving:

- the care home
- the resident's neighbourhood
- the resident's room

When visiting a resident on 'Additional Precautions', ask care 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 (Obtain at front entrance).

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

### Image Credits

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Cover cough and ill senior: Shutterstock  
Hospital Gown: www.OUTFOXprevention.com  
From the Noun Project:

- Gloves created by Hugo Alberto
- Mask created by Maxi Koichi (adapted)

[www.fraserhealth.ca](http://www.fraserhealth.ca)

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

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## Preventing Infections In Long-Term Care



The place that helps me  
be all I can be

Information for  
Families and Visitors

Infection Prevention and Control  
**It's Everyone's Responsibility**

 **fraserhealth**

## Clean Your Hands

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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:

- Wash with soap and water.
- Wet your hands with warm water.
- 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 your family member clean their hands before meals and after using the bathroom.

## Cover Your Cough

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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!

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It takes **everyone** in our residential community to keep each other safe and healthy in our shared home!

## If You Are Not Well, Stay Home

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



Frail seniors cannot fight off infections as easily as other people can. 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)
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