

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 both 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 with you about why you are in isolation.
 - Provide you with written information about why you are in isolation.
- To go anywhere outside of your room, please check with your nurse or infection control practitioner.
- You can leave your room for therapy and exercise such as walking around the unit.
- You can leave your room for physiotherapy, occupational therapy, recreational therapy, or unit worship service.
- Do not visit another patient.
- Do not use the kitchen on the unit or ward.

Everyone must:



- follow the precautions sign posted on your door.
- clean their hands when entering and leaving your room.
- wear personal protective equipment such as a gown, gloves and mask as shown on the sign.

Specific instructions include:

Contact Precautions

- Clean your hands with soap and water, or with hand sanitizer for at least 15 seconds, each time you enter or leave your room.
- Wear clean clothing when leaving your room.

Droplet Precautions

- Clean your hands with soap and water, or with hand sanitizer for at least 15 seconds, each time you enter or leave your room.
- Wear a mask when leaving your room.

Droplet/Contact Precautions

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

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

