

VACCINATIONS

Vaccines are the best way to prevent serious infectious diseases and save lives. Make sure your immunizations are up to date.

During the fall/winter season, the annual flu shot is the best way to protect yourself and those around you from the serious consequences of the flu.

FOOD AND PERSONAL ITEMS

Patients and visitors are asked to limit personal items, including food, that are brought to the hospital, as they are a potential source for cross-contamination.

If food is brought in, please follow these guidelines:

- Bring food in single-use containers
- Discard leftover food; do not return it to the refrigerator or take it into a patient's room
- Label food containers with the patient's name and room number
- Clean your hands before touching anything in the refrigerator

All food containers are discarded daily at 8 pm.

FOR MORE INFORMATION,
CONTACT INFECTION CONTROL
AT 416.762.7316 EXT. 2238.

RUNNYMEDE
HEALTHCARE CENTRE

625 Runnymede Rd.
Toronto, ON M6S 3A3
T 416 762 7316
F 416 762 3836
www.runnymedehc.ca



Runnymede Healthcare Centre receives funding from the Toronto Central Local Health Integration Network. The opinions expressed in this publication do not necessarily represent the views of the Toronto Central Local Health Integration Network.



Infection prevention
and control

For patients and visitors

We make it possible.

Infection prevention and control

RUNNYMEDE HEALTHCARE CENTRE is dedicated to promoting excellence in infection prevention and control practices. They are important for maintaining a safe environment for patients, visitors and staff, and are designed to reduce the risk for hospital-acquired infections, and the spread of infections between people.

Getting a hospital-acquired infection is potentially serious. It might result in complications of a patient's underlying conditions, additional pain and anxiety, prolonged treatment and length of stay in hospital. There are many ways you can help prevent the spread of infections at Runnymede.

TAKE CAUTION WHEN VISITING

If you have symptoms such as fever, cough, nausea, vomiting, diarrhea or a rash, please don't visit the hospital until you are symptom-free for 48 hours.

When visiting, please do not sit on hospital beds and do not use patient and staff washrooms. Please limit visits to one patient at a time, but if visiting more than one patient, clean your hands between patients.

COVER YOUR COUGHS AND SNEEZES

Many respiratory illnesses, like influenza, spread by sneezing and coughing. To prevent the spread of these germs, cover your mouth and nose with a tissue when coughing or sneezing.

Dispose of the tissue immediately and clean your hands. If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not on your hand.

FOLLOW SPECIAL PRECAUTIONS

Some patients require isolation as a precaution because of their condition or illness. Isolation is used to help prevent germs from spreading to other vulnerable patients, visitors or staff.

A patient who requires isolation has a sign posted on their door indicating which personal protective equipment must be worn when entering their room. Isolation precautions require all people who enter the patient's room to wear personal protective equipment (such as gloves, mask and gown).

A patient should not visit another patient when they are on isolation.

HAND HYGIENE

Hand hygiene is the best way to prevent transmission of infections. You should clean your hands:

- When entering and exiting the hospital
- When your hands look or feel dirty
- Before touching your eyes or face
- Before and after touching a patient
- Before and after preparing and eating food
- Before and after treating a cut/wound
- Before and after caring for a sick person
- After blowing your nose, coughing or sneezing
- After using the washroom
- After handling garbage, diapers, or cleaning up children who have used the bathroom



HAND HYGIENE WITH ALCOHOL-BASED HAND RUB (ABHR) OR SOAP AND WATER

There are two recommended methods for hand hygiene: alcohol-based hand rub (ABHR) and soap and water.

Alcohol-based hand rub (ABHR) is best for cleaning hands that are not visibly soiled.

- STEP 1: Apply ABHR to palm of hand
- STEP 2: Spread over both sides of hands and between fingers
- STEP 3: Rub hands together for at least 15 seconds or until dry
- STEP 4: Once dry, your hands are safely clean

Soap and water is best for cleaning clean hands that are visibly soiled.

- STEP 1: Wet hands with lukewarm water
- STEP 2: Apply soap and lather onto hands
- STEP 3: Wash both sides of hands and between fingers
- STEP 4: Rinse hands under running water
- STEP 5: Pat hands with paper towel and use the paper towel to turn the tap off

With repeated washing, cracks or cuts may occur in your hands that can trap bacteria. This can be prevented by keeping your hands moisturized, especially in cold weather.