

Guidelines for plants and flowers in inpatient areas at Runnymede Healthcare Centre

To ensure the safety and well-being of our patients, we ask visitors and patients to follow these guidelines when bringing plants and flowers in inpatient areas:

Permitted:

- Flowers and potted plants that are not strongly scented are allowed in areas with patients who have healthy immune systems.

Restricted:

- Flowers and potted plants are restricted in areas with patients who are immunocompromised (those with weakened immune systems) due to the potential increased risk of infections from microbial pathogens associated with the live plants.

Scent Restrictions:

- Strongly scented flowers and potted plants (such as Freesias, Lilacs, Lavenders, Lilies, Jasmine, Hyacinth, Roses, Gardenias, and Peonies) are restricted in all inpatient areas as they can cause headache, nausea, shortness of breath, and dizziness.

Allergy Considerations:

- If a patient or their roommate is allergic to the pollen, flowers and plants should be avoided in their environment.

Care and Maintenance:

- The patient or their family is responsible for the care and maintenance of flowers and potted plants. If this is not feasible, staff may discard wilted or dead plants at their discretion.

Discharge:

- Flowers or potted plants should be taken home at discharge. If left behind, they will be discarded.

Pest Control:

- Potted plants with pests will be promptly discarded.

Placement:

- Flowers and potted plants should be placed away from patient's care supplies and equipment.

Thank you for helping us maintain a safe and healthy environment for all our patients. If you have any questions, please speak to the nursing staff on your floor.

Guidelines for patients and families bringing food to Runnymede Healthcare Centre

To ensure the safety and well-being of our patients, we ask visitors and patients to follow these guidelines when bringing outside food:

Handling and Transport:

- **Clean Hands:** Wash your hands before preparing food.
- **Hot Foods:** Keep it hot using an insulated container/or bag.
- **Cold Foods:** Keep it cold using an insulated container, bag, or cooler with ice packs.

When you arrive:

- **Declare Food:** Inform the nurse caring for your family member about any food you bring.
- **Hot Foods:** Bring only a single portion to eat immediately. Do not put warm food in the fridge!
- **Cold Foods:** If bringing unopened food to be eaten later, label the container with the patient's name and room number, and immediately put in the fridge (located in the patient dining area on the patient care floor).

Leftovers:

- **Do Not Return to Fridge:** Once a food container is opened and used, it should not be returned to the fridge. Discard any leftovers.

Scheduled Disposal:

- Food containers or bags in the fridge will be thrown out every Monday and Thursday.

High-Risk Foods:

- **Don't bring:** Cooked meats, fish, ready-made pies, gravy, dairy, eggs, cooked rice, or takeaway food.
- **Foods containing raw or undercooked eggs, fish, and meat are prohibited.**

**** Food should not be stored in the patient's room/environment.**

Thank you for helping us maintain a safe and healthy environment for all our patients. If you have any questions, please speak to the nursing staff on your floor.