RUNNYMEDE HEALTHCARE CENTRE

Infection Prevention and Control

Keeping Loved Ones Safe from Infection in Hospital



At Runnymede Healthcare Centre, our goal is to keep everyone safe from the spread of infections. This handout provides some safety tips that we would like you to follow as you visit your loved ones.

Stay home if you are sick

Avoid visiting the hospital if you are sick or have had any of the following symptoms:

- Fever
- Cough
- Nausea
- Vomiting
- Diarrhea
- Or other



Clean your hands before and after visiting

It is important to clean your hands **before:**

- Entering/leaving the hospital
- Making contact with a patient
- Entering/leaving a patient's room





It is also good practice to always clean your hands after you touch your eyes, nose or mouth, use the washroom and before you eat or drink.

If you have any questions or concerns, please contact Infection Prevention & Control at ext. 2238.
Thank you for your ongoing support and cooperation.

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Always read the isolation sign outside the patient's room before entering

- As shown in fig.1, any precautionary sign that is posted on the patient's door provides important instructions to help prevent the spread of infection. To protect yourself and others, you may be required to wear protective clothing, such as a gown and gloves, when visiting the patient on additional precautions. If you are unsure about any of these instructions, please ask a healthcare provider for assistance. The Infection Prevention and Control Department can also provide additional educational materials about drug-resistant infections and special precautions.

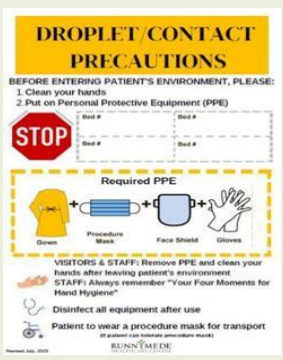




Figure 1

Check first before you bring food or flowers



- Flowers and home-prepared food can be a thoughtful way to show you care, but they may not be allowed in all cases. Please check with the nurse before bringing them to your loved one. For more information, please refer to the guidelines for "*Patients and families bringing food and flowers to Runnymede Healthcare Centre"* on patient's bedside terminal and Runnymede's website.

When visiting your loved one



- Do not:
  - Use the patient's washroom. Every patient care floor has designated public washrooms for visitors.
  - Seat on the patient's bed.
  - Eat in the patient's room, or share food with a patient.
- Limit the number of personal items that you bring for the patient to one bag.
- Keep items off the floor. Do not place items near or on top of the soiled linen hampers.
- If there is an outbreak, Public Health may set some restrictions. Healthcare staff inform you know when it is safe to visit again.



- Wear the personal protective equipment (PPE) when entering a patient room/patient environment on additional precautions. Wearing PPE will help reduce your risk of catching harmful microorganisms from the patient.
- If entering a patient's room on additional precautions, place items in a clear plastic bag to avoid cross contamination.
- If you begin to experience any infectious symptoms after you are visiting a patient, please inform the patient care unit and Infection Prevention and Control Department.

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