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 COVID-19 vaccination and annual flu shot is the best way to protect yourself and those around you from the serious consequences of these respiratory infections.

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 infection.

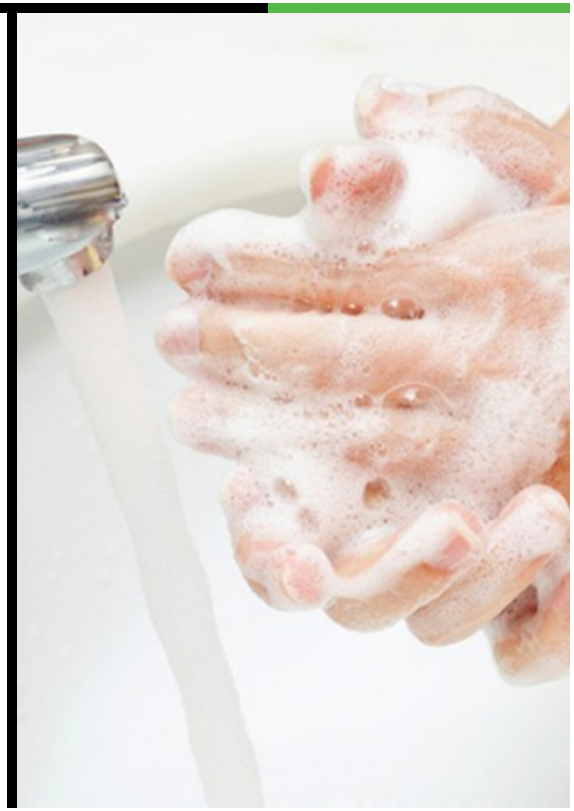
If food is brought in, please follow these guidelines:

- Bring food in a single-use container
- Label food containers with the patient's name and room number
- Only cold food can be stored in the refrigerator
- Discard leftover food; do not return it to the refrigerator or take it into a patient's room
- Clean your hands before touching anything in the refrigerator
- All food containers in the refrigerator are discarded twice a week

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

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Infection Prevention and Control

For patients and visitors

RUNNYMEDE HEALTHCARE CENTRE

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 of hospital-acquired infections and the spread of infections between individuals within the facility.

Acquiring an infection during a hospital stay can be 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, runny nose, sore throat, cough, shortness of breath, nausea, vomiting, diarrhea, or a skin 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 or staff washrooms; instead, use the washroom dedicated to visitors. 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

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 SIGNS



Type of personal protective equipment (PPE): A gown, gloves, blue procedure mask, and face shield. PPE is available on the unit.

HAND HYGIENE

Hand hygiene is the best way to prevent transmission of infections. When visiting, you should clean your hands:

- When entering and exiting the hospital and patient room
- Before and after touching a patient
- When your hands look or feel dirty
- Before touching your face (eyes, nose, mouth)
- Before and after preparing and eating food
- After blowing your nose, coughing or sneezing
- After using the washroom

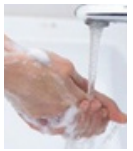
HAND HYGIENE WITH ALCOHOL-BASED HAND RUB (ABHR) OR SOAP AND WATER

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.



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



Soap and water are best for cleaning visibly soiled hands.

1. Wet hands with lukewarm water
2. Apply soap and lather onto hands for at least 15 seconds
3. Wash both sides of your hands and between your fingers
4. Rinse hands under running water
5. Pat hands with a paper towel and use the paper towel to turn the tap off

With repeated washing, cracks or cuts in your hands may form, allowing bacteria to become trapped. This can be prevented by keeping your hands moisturized by using hand cream or lotion, especially in cold weather.