

**Why is infection control important? Infection control means doing everything possible to prevent the spread of infection to clients, families, staff and visitors.**

## Visiting - General

During an outbreak, limit your visits if possible (shorter, less frequent, visit the client you know only).

Ask the staff what would be best for the client you are visiting.

## Visiting someone who is ill

If you need to visit a client when they are sick, please check with staff before entering the room.

Follow the directions of staff including putting on Personal Protective Equipment such as masks, eye protection, gowns or gloves.

## Respiratory Etiquette

- When you cough or sneeze be sure to cover your mouth and nose.
- Use disposable tissues if possible.
- Cough or sneeze into your sleeve if you do not have a tissue available.
- Clean your hands after coughing or sneezing.

## Client outings and activities

Check with staff if you want to take your loved one outside of the facility or off the outbreak unit.

Scheduled entertainment, activities or appointments may be cancelled during an outbreak.

Please check with staff for information on any planned appointments or activities.

**The importance of hand hygiene - cleaning your hands is one of the most important ways of preventing the spread of germs.**

Alcohol Based Hand Rubs are a convenient and effective way to perform hand hygiene. These should not be used if your hands appear dirty.

**To use Alcohol Based Hand Rubs effectively, do the following:**

- Cover all surfaces of your hands.
- Rub the sides of hands and between fingers for 15 seconds.
- Pay special attention to fingernail areas.
- Rub hands until they are dry – do not rinse.



## How to you wash hands effectively?

- Use warm running water to wet hands. Lather soap on hands.
- Use friction and rub all surfaces of hands for 15 seconds.
- Pay special attention to fingernail areas.
- Pat hands dry with a paper towel.
- Use a paper towel to shut off water tap.
- Use lotion to moisturize hands when possible.

## Personal Protective Equipment

PPE helps reduce the risk that you or others will become sick. Use PPE to protect yourself. Depending on the situation, masks, eye protection, gowns or gloves may be needed when visiting. Talk to staff about what PPE to use.

### Putting on PPE (Personal Protective equipment)

**1 HAND HYGIENE**



**A** Using an alcohol-based hand rub is the preferred way to clean your hands.

**B** If your hands look or feel dirty, soap and water must be used to wash your hands.


**2 Gown**



**A** Make sure the gown covers from neck to knees to wrist.

**B** Tie at the back of neck and waist.

**3 Procedure/surgical mask**



- Secure the ties or elastic bands around your head so the mask stays in place.
- Fit the movable band to the nose bridge. Fit snugly to your face and below chin.

**4 Eye protection or face shields**



- Place over the face and eyes and adjust to fit.

**5 Gloves**



- Pull the cuffs of the gloves over the cuffs of the gown.

### Taking off PPE Remove all PPE before leaving the room

**1 Gloves**



- A** Grasp the outside edge of the glove near the wrist and peel away from the hand, turning the glove inside-out.
- B** Hold the glove in the opposite gloved hand.
- C** Slide an ungloved finger or thumb under the wrist of the remaining glove.
- C** Peel the glove off and over the first glove, making a bag for both gloves.
- Put the gloves in the garbage.

**2 HAND HYGIENE**



- A** Using an alcohol-based hand rub is the preferred way to clean your hands.
- B** If your hands look or feel dirty, soap and water must be used to wash your hands.

**3 Gown**



- A** Carefully unfasten ties.
- B** Grasp the outside of the gown at the back of the shoulders and pull the gown down over the arms.
- C** Turn the gown inside out during removal.
- Put in hamper or, if disposable, put in garbage.

**4 HAND HYGIENE**




- Clean your hands. (See No. 2)
- Exit the patient room, close the door and clean your hands again.

**5 Eye protection or face shield**



- Handle only by headband or ear pieces.
- Carefully pull away from face.
- Put reusable items in appropriate area for cleaning.
- Throw disposable items into garbage.

**6 Mask or N95 respirator**



- Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
- Start with the bottom tie, then remove the top tie.
- Throw the mask in the garbage.

**7 HAND HYGIENE**

- Clean your hands. (See No. 2)

Protect yourself!  
Get the  
influenza  
vaccine every  
year!