

# Information for families and visitors during an outbreak

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.

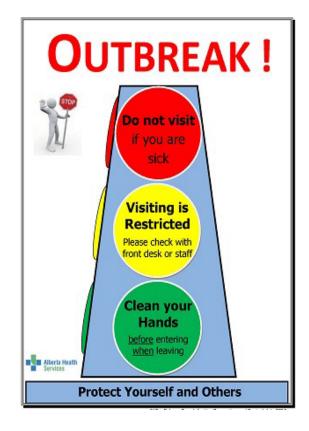
Please check with staff for information on any planned appointments or activities.

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 to 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.



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### **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 Proective equipment)



soap and water must be used







and adjust to fit.

Protect yourself!

Get the

influenza

vaccine every

year!

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



