

Isolation

- You may have to be placed on “Isolation Precautions” if you have an infection that can be spread to other patients, staff or visitors.
- A sign will be placed on your door alerting your visitors and staff of the special equipment they need to wear when entering your room.
- You cannot leave your room while you are on “Isolation” other than for medically necessary procedures.

Please note: You may be taken off isolation during your stay if decided it is safe to do so.

Outbreak

- When an outbreak has been declared on your ward, please note that for your protection and the protection of others we will restrict visitation to 1 person in a given 12 hour period.
- Friends & family may send you e-mail messages through our Well Wishes program by logging on to: <http://www.fhhr.ca/WellWishes.htm>

Why clean your hands?

Even if your hands look clean, they may carry harmful germs. In order to stop the spread of these germs, you must clean your hands.

How to clean your hands properly?

Soap & Water

- 1.) Wet hands under warm running water, apply soap and lather.
- 2.) Using friction cover all surfaces of hands including the palm and back of hands, fingertips and nail beds, between fingers and thumbs for a minimum of 15 seconds; rinse with water.
- 3.) Dry hands with a paper towel. Use a new paper towel to turn off taps.

Alcohol Hand Sanitizer

- 1.) Apply 2 pumps of alcohol to hands.
- 2.) Rub hands together (follow same procedure as step 2 above) until completely dry.

How you can help us prevent and control infections in our hospital

Five Hills Health Region
Regional Infection
Prevention & Control
Department



Information for Patients

Why do I need to read this?

You may have heard or read reports about the risk of patient's getting an infection during their hospital stay. We are committed to keep people, equipment and the environment as clean and safe as possible in our hospitals; thereby reducing your chances of acquiring an infection while in our facility.

Your help is also important.

Staff, patients and visitors coming into our hospital all have a part to play in preventing the spread of infection. It is important that our infection control procedures are closely adhered to. You can help by following a few simple guidelines while in our hospital.

Please take a few moments to read this brochure to find out more on how you can help.

What can patients do to help?

- ✓ Only bring in essential items from home as storage is limited on wards. Your personal property should be stored inside the locker we have provided you or in your bedside table.
- ✓ Keep the area around you (i.e. around your bed, top of bedside table and over the bed tray table) **tidy and clutter free**. Too many things left around make it more difficult for cleaning staff to properly clean your room.
- ✓ Clean your hands often, especially after using the bathroom and before eating, either with soap and water or by using alcohol hand sanitizer (see instructions on back of pamphlet for proper handwashing technique).
- ✓ Remind your visitors to clean their hands before and after visiting.
- ✓ Cover your nose and mouth with a tissue when you cough or sneeze or use your sleeve if a tissue is not available. Remember to clean your hands afterwards.

- ✓ Do not share personal items or equipment, particularly toiletries with other patients.
 - ✓ Do not sit on other patients' beds & ask your visitors to use the chairs provided on the wards.
 - ✓ Ask your family and friends to not visit if they are unwell, particularly if they have had vomiting, diarrhea, cold or flu in the last 48 hours.
 - ✓ Limit your visitors to 2 at a time. Ask them to adhere to the posted visiting times so that we may have easier access to clean bed spaces and wards.
 - ✓ Avoid touching IV drip or draining wound. If a dressing is loose or soiled, tell a nurse.
 - ✓ As our patient you should expect to see us clean our hands before and after we touch you, but if you think we've forgotten, IT'S OKAY TO ASK
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