

Isolation

What do I do if the person I am visiting is on Isolation?

You should follow the directions outlined in the visitor box on the sign. Depending on what the sign says, you may have to wear a gown, gloves, mask, goggles or all of the above. Always check with a nurse if unsure

Outbreak

- If the person you are visiting is on an outbreak unit, certain visitor restrictions may be put in place. Such restrictions include 1 visitor per patient in a given 12 hour period. You may want to discuss designating 1 family member in this situation.
- If you are the designated visitor, we ask that you exit the facility immediately after your visit; do not visit other patients or public areas of the hospital.
- Please note that all family members and friends can send e-mail messages to our patients 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 Visitors

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 the chances of acquiring an infection while in our facility.

Your help is also important.

We encourage relatives and friends to visit our patients as we believe visiting is helpful to their recovery. However, we do ask that you help us in maintaining high infection control standards to keep our hospitals safe for both our patients and visitors.

You can help by taking a moment to read this brochure so that you may follow these simple guidelines.

Thank you for your assistance

What can **visitors** do to help?

- ✓ Limit visitors to 2 at a time and stick to the visiting times so that house-keeping staff can clean wards and around bed spaces .
- ✓ Refrain from visiting if you have any illnesses such as vomiting or diarrhea, fever, cough, cold and any infectious condition such as chickenpox, mumps, etc.
- ✓ Help our patients keep the space around them **tidy** and **clutter-free**. You can help by not bringing in any unnecessary items e.g. cuddly toys, picture frames, knick knacks from home, etc.
- ✓ Wash hands before and after your visit using soap & water or alcohol hand sanitizer provided outside the patient's room and at all entrances/exits of the hospital (see instructions on back of brochure for proper handwashing technique).
- ✓ Please remember that although children are welcome, babies and young children are more at risk of picking up and passing on infections. Please do not

let them wander around the ward.

- ✓ Do not sit on patient's bed or commode, instead use the chairs provided on wards.
- ✓ Do not touch the patient's wounds or medical equipment in and around patients.
- ✓ Do not use the patient's washroom. Ask the ward staff for directions to the nearest public restrooms.

Isolation

What does "Isolation" mean?

"Isolation" means that a person has an infection that can be spread to other patients, staff or visitors in the hospital.

How will I know if the person I am visiting is on Isolation?

You will notice a coloured sign directly on the patient's door.