



PATIENT EDUCATION: CONTACT PLUS PRECAUTIONS

*Helping you,
your family
and visitors
understand
these
precautions
more clearly*

- ⦿ The hospital is an environment with patients who are ill and at risk of getting infections. Healthcare providers take precautions when they care for all patients to prevent germs from spreading from one patient to another. Certain germs, however, are more concerning than others when identified and special measures must be used to ensure that the germ does not spread to others. “Contact Precautions” are put in place when germs that are spread by contact are identified. Germs that are spread by contact can be picked up by others when you touch them or when they touch you. These germs can also be picked up from dirty objects and surfaces in the environment when others touch them.

- ⦿ **Other Information:**

- ⦿ **The hospital staff will:**

- ⦿ Place a Yellow Precautions sign outside your door to let staff entering the room know what to do
- ⦿ Wash their hands before and after EVERY encounter with you with either soap and water or alcohol-based hand sanitizer
- ⦿ Wear gloves and gowns upon entering your room and remove them before exiting
- ⦿ Ask you to perform hand hygiene and wear a clean gown before taking you out of your room

- ⦿ **It is okay to remind the staff to wash their hands and wear their gloves and gowns!**

- ⦿ **Patients can help by:**

- ⦿ Cleaning your hands frequently, especially after using the restroom, before eating and before leaving your room
- ⦿ Staying in your room as much as possible
- ⦿ Washing your hands and putting on a clean gown before leaving your room
- ⦿ Making sure visitors entering your room have read the sign on your door and wash their hands

- ⦿ **For Family and Visitors**

- ⦿ Family and visitors should put on a gown and gloves to enter the room
- ⦿ Before leaving your room, they must remove and dispose of their gown and gloves. Then they must clean their hands with soap and water or alcohol-based hand sanitizer
- ⦿ Family and visitors should not eat or drink while in your room
- ⦿ It is best for family and visitors to avoid using patient restrooms