

## Frequently Asked Questions

### When are visitors restricted?

We ask that people with the following signs & symptoms not visit patients in the hospital:

- ✓ Respiratory illness (cold symptoms)
- ✓ Gastrointestinal illness (vomiting, diarrhea)
- ✓ Rashes
- ✓ Draining wounds

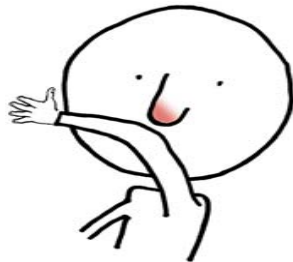
### When do visitors or hospital staff have to wear a mask?

Visitors and hospital staff are required to wear a mask upon entry to your room, for the entire time they are in the room. The mask should be removed just before they exit the room.

### If germs are spread into the air when I cough or sneeze, can my roommate or visitors get sick with the same germs that I have?

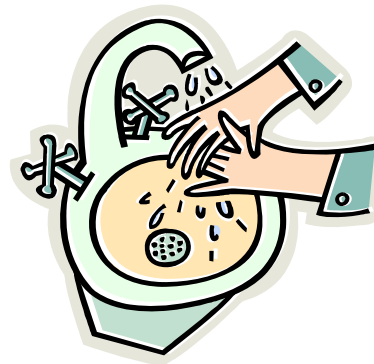
Yes. The germs that are spread into the air when you cough or sneeze are heavy, and do not remain in the air for a long time. They tend to fall to the floor by the time they travel 1 meter or 3 feet from you. This is why it is important for others to wear a mask, or for staff to pull the hospital curtain around your bed—along with hand cleaning—this is enough to prevent the spread of these germs.

**Cover  
your  
Cough**  
Stop the spread of germs



*Contact with family and friends can be an important part of the wellness of patients.*

*Help make our hospital a healing environment where the comfort, safety and health of those we serve comes first.*



*Hand hygiene decreases the risk of spreading infection. Remind everyone to wash their hands often.*

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## Patient & Visitor Information

 **CHATHAM-KENT**  
*Health Alliance*

## DROPLET PRECAUTIONS

These guidelines are meant to protect the safety of our patients as well as family and visitors.



“Together we will provide safe, quality patient and family-centered care.”  
Chatham-Kent Health Alliance

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## PRECAUTIONS

Everyone has germs. Most germs are harmless, some are helpful. A few germs, however, can make you sick. At CKHA our goal is to protect our patients, their families and visitors from germs that might make them sick. In the hospital, precautions are used as a way of stopping the spread of germs from one person to another.

### What are “Droplet Precautions”?

You have been placed in “**Droplet Precautions**” because you have (or may have) germs in or on your body that can be harmful to other people. These germs are spread when you cough or sneeze, but do not travel more than 1 meter, or 3 feet when floating in the air. Examples of infections requiring these precautions are the common cold, influenza, or whooping cough.

Placing you in **Droplet Precautions** informs the staff, so they can prevent the spread of these germs to other patients, or to themselves, by wearing a mask and eye protection.

### Hand Cleaning (Hand Hygiene)

Many germs can be killed by hand hygiene. 15 seconds of soap and running water OR alcohol based hand rub until hands are dry is enough to be effective.

*It is very important for you to wash your hands too!*

### What will hospital staff do when I am in Droplet Precautions?

- ✓ Place you in a single room (the door can remain open), or with other low risk patients.
- ✓ If a single room is unavailable, nursing staff may pull the hospital curtain closed around you. **It is important that you leave it closed and don't share any items with any other patients.**
- ✓ Wear a mask and possibly eye protection every time they enter your room.
- ✓ Place a sign on your door to remind others who enter your room about the special precautions.
- ✓ The room and the equipment used in the room will be cleaned and disinfected regularly.
- ✓ Everyone who leaves your room must clean their hands well.
- ✓ You must clean your hands before you leave your room.
- ✓ You must also wear a mask before leaving your room.



A mask and eye protection will protect staff or visitors from catching germs when a patient has cold or flu symptoms (coughing, sneezing). **It must cover your mouth and nose.**

You must **ALWAYS** wear a mask if you leave your room when you have cold or flu symptoms.



### What about family and visitors?

Your family and visitors should not assist other patients with their personal care as this may cause the germ to spread. They are required to wear a mask when they enter your room.

**Before leaving your room, visitors must remove the mask and dispose of it in a garbage container located in your room.**

Then they must clean their hands.



### Respiratory Hygiene / Cough Etiquette

To prevent the spread of germs from coughing and sneezing, you should:

- ✓ Cover your nose and mouth when coughing or sneezing (cough into your elbow if you do not have a tissue).
- ✓ Put used tissues in the garbage.
- ✓ Perform hand hygiene by washing with soap and warm water or using alcohol-based hand rub.
- ✓ Keep your hands away from your face.
- ✓ Patients and staff are to perform good hand hygiene after coughing / sneezing and before touching objects.