

! IMPORTANT !

When Family & Visitors Provide Care

When visitors or family provide direct patient care they must follow the same routine practices that healthcare workers must follow. This includes the use of personal protective equipment or PPE.

You wouldn't drive a car without protecting yourself with a seat belt.

Below are some guidelines of how the PPE provided at CKHA should be used.

What is "Direct Care"?

"Direct care" is defined as hands-on care, such as bathing, washing, turning you over, changing clothes or diapers, dressing changes, care of open wounds or lesions, toileting. Feeding and pushing a wheelchair are not considered direct care.

Gloves place a barrier between the patient and the hospital workers hands. Hand hygiene must be performed after removing gloves.



A gown places a barrier between a patient and the hospital workers clothing. This prevents spread to other patients by contaminated clothing.



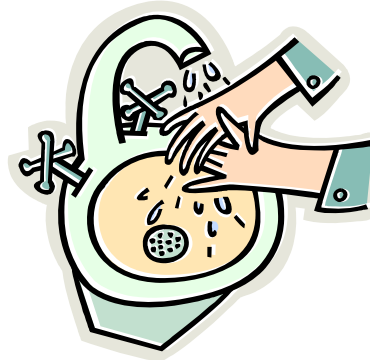
A mask and eye protection will protect you during procedure likely to generate splashes or sprays of blood or body fluids.

ALWAYS wear a mask when you are visiting a patient with cold or flu symptoms (coughing, sneezing)



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**
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ROUTINE PRACTICE

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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Routine Practice

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 environment there are many germs, many ill patients who can easily develop an infection, and there is also a way for these germs to get spread around—*by people traveling from one place to another.*

In the hospital, it is **EVERYONE'S** job to stop the spread of germs from one person to another.

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!*

Hand cleaning is the best way you and the healthcare team can prevent infections from spreading.



What Visitors and Patients MUST do to Stop the Spread of Germs

1. Do not visit family or friends in the hospital when you are sick. We ask that people with the following signs & symptoms do not visit patients in the hospital:

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

2. When you do visit the hospital hand cleaning is your job too.

3. Do not use the patient's washroom under any circumstances. Only use the public washrooms.

4. Do not move items in the environment from one patient area to another patient area.

E.g. Take a chair from one patient's room and use it in the another patient's room.

5. Do not use items in the patient's environment that are meant for patient use or patient care.

E.g. Do not use a commode (or toilet) as a chair.

6. When you are a patient you are NOT a visitor, and you should not be entering other patient ROOMS—by doing this you may pick up germs or spread germs to others. If you must visit another patient, meeting people in common areas, is OK (e.g. lounge or cafeteria).



PRECAUTIONS / ISOLATION ROOMS

Sometimes patients are placed in “**Isolation or Precautions**” because they have (or may have) germs in or on their body that can be harmful to other people. These germs can easily be spread from one patient to the next or from a patient to a visitor. Placing patients in precautions informs the staff and visitors, so they can prevent the spread of these germs to other patients. All of these rooms have a sign on the door to alert people to what type of things they can do to prevent the spread of germs.

If you are visiting a patient in precautions / isolation - DO NOT visit any other patients.

Please ask a healthcare worker to provide you with information when you are a patient in precautions or are visiting a patient in isolation.

It is **CRITICAL** for you to know and follow the same guidelines that healthcare workers must follow to protect yourself and other patients.