Patient Education

St. Joseph's Healthcare Hamilton

Preventing Infection

During your stay in the hospital, you will be living closely with others and sharing equipment. Germs are spread in healthcare facilities by direct contact from person to person and on shared equipment. Since germs can cause an infection, you need to know how to protect yourself.

Stop the spread of germs and infection. Just clean your hands.

Clean your hands

Before:

- providing care to yourself or others
- eating or feeding others

Every time you enter or leave:

- the hospital
- a patient care area
- a patient's room or the NICU

After you:

- cough, sneeze or blow your nose
- use or help someone to the bathroom
- change your baby's diaper
- use equipment shared by others

It is expected that health care providers clean their hands before they touch you. Don't be shy, please remind them.

please turn over ➔

Staying in a private room

Some infectious diseases need certain precautions to prevent their spread. These may include tuberculosis, chickenpox, diarrhea and antibiotic resistant organisms such as MRSA and VRE.

If you have one of the above infectious diseases you may have a room of your own or share a room with someone with the same infection. Your healthcare providers will wear special clothes while performing care. This may include a gown, gloves and a mask. It all depends on the type of protection that is needed.

Visitors

Please tell your friends and family not to visit if they are feeling sick or unwell. Visitors also have to follow precautions.

When visiting a patient in isolation:

- Put on mask, gown and/or gloves as shown by the sign on the door.
- Place your coats/belongings just inside the isolation room. Do not place personal items on the bed, bedside table or counter by the sink.
- Limit visitors to 2 visitors at any one time. Adult visitors must be responsible for and supervise any child visitor. Child visitors must be big enough to fit into gown and/or gloves. For the safety of both patients and visitors, the nursing staff may have to restrict visiting.
- Limit what you handle in the room. If another patient needs help, call a nurse. Do not remove anything from the room without speaking to the nurse first – including meal trays.
- Remove gown and/or gloves and place them in the containers provided and clean your hands, before leaving the room.
- Do not go to shared patient areas, the kitchen or ice machine. Ask staff for help.

Please talk with the nursing staff if you have any concerns.

This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control, your physician or health care provider.

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