



# Airborne Precautions

## WHY AM I ON AIRBORNE PRECAUTIONS?

You are on airborne precautions because you may have a condition that can be spread to others through droplets from your respiratory tract being coughed or sneezed into the air.

### PATIENT RESPONSIBILITY:

1. Cover your mouth with a tissue when coughing. Put the used tissue into a bag or trash basket. Immediately wash your hands with soap and water or use alcohol foam.
2. You must wear a surgical mask at all times when you leave your room.
3. Do NOT leave your room unless you are escorted by hospital personnel.
4. Keep the door to your room closed to help maintain negative pressure and to help stop germs from spreading room to room.
5. Wash your hands often. Use soap and water or alcohol foam.
6. Check with your nurse if you have any questions.

### VISITOR RESPONSIBILITY:

1. If you are ill or have a medical condition that causes your immune system to not work properly, it is best to visit a patient in an isolation room once you are feeling better.
2. Check with the nurse for DOs and DON'Ts.
3. Put on an N95 (or equivalent) mask before entering the patient's room. (Remove the mask after leaving the room and put it in a trash basket.)
4. Wash your hands when leaving the patient's room. Use soap and water or alcohol foam.

### TO CLEAN YOUR HANDS WITH SOAP AND WATER:

1. Wet your hands with warm water.
2. Apply soap and rub your hands together for at least 15 seconds.
3. Rub your palms, fingernails, in between your fingers and the backs of your hands.
4. Rinse and dry your hands.
5. Turn the water off with a clean paper towel if you are in a public rest room.

### TO CLEAN YOUR HANDS WITH ALCOHOL FOAM:

1. Use alcohol foam hand cleaner when your hands do not look dirty.
2. Rub the alcohol foam hand cleaner all over your hands, under your nails and between your fingers. Rub until your hands are dry.

- Practice hand hygiene every time you leave your room.
- Remind staff and visitors to practice hand hygiene when they enter and leave your room.

