



Contact Precautions

WHY AM I ON CONTACT PRECAUTIONS?

You are on contact precautions because you may have a condition that can be spread by close or direct contact with other people.

PATIENT RESPONSIBILITY:

1. Wash your hands often with soap and water.
2. Do not share personal items such as a razor, toothbrush, towel, etc. with anyone.
3. Avoid touching the area that is draining.
4. Call your nurse if drainage or secretions accidentally soil your pajamas, clothing or bed linens.
5. Check with nursing staff before leaving your room.
6. Put on clean clothing, pajamas or robe before leaving your room.
7. Wash your hands before leaving your room.

VISITOR RESPONSIBILITY:

1. If you are ill or have an immune disorder, it is best to visit a patient on contact precautions once you are well.
2. Check with the nurse for DOs and DON'Ts.
3. Do not sit on the bed.
4. Do not share the patient's personal articles.
5. Gowns and gloves are available for visitor use. Put on a gown and gloves before entering the room. Put the gown and gloves in the trash before leaving the room.
6. 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 restroom.

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.
- Check with your nurse if you have any questions.

