



**HAND HYGIENE:
THE BEST
WAY TO PREVENT
INFECTION**

What are Additional Precautions?

Additional Precautions are extra measures that are taken with some clients or residents who are at higher risk of transmitting disease to others. These precautions are based on how certain germs are spread. These methods of transmission are classified in 3 categories known as contact, droplet, and airborne.

What to expect when Additional Precautions are in place

- A sign will be posted on your door.
- The client/resident may be required to stay in their room.
- The door of the client/resident room may remain open or closed, depending on the precaution in place.
- Staff and visitors will be required to wear personal protective equipment (PPE) as per signage on their door (gloves, gown, mask etc.).
- All staff and visitors must perform hand hygiene before entering and when leaving the client/resident's room.
- Items brought into the room must stay in the room such as wheelchairs, walkers, etc.
- Clients on additional precautions and visitors may not be allowed to go to the kitchen or utility room. Ask staff for anything you may need.

Contact Precautions

- Some germs are spread by touching an individual directly and/or their environment and then touching another individual or object.
- Contact precautions requires you wear a gown and gloves when entering the room which can be disposed of in the regular garbage receptacle in the client/resident's room upon leaving.

Droplet Precautions

- Some germs can be spread by large droplets when an individual coughs or sneezes.
- These droplets travel a short distance (6 feet) in the air and can settle in the eyes, nose, or mouth of another individual or may settle on surfaces in the environment.
- Droplet precautions requires you wear a face shield and mask when entering the room which can be disposed of in the regular garbage receptacle in the client/resident's room upon leaving.

Airborne Precautions

- Airborne precautions require wearing an N95 respirator as some germs can be spread in small airborne particles. These germs can remain suspended in the air for long periods of time and are carried by air currents.
- Individuals may breathe in these germs if they are in the same room as an infected individual.
- Before entering a room on airborne precautions, wash your hands and put on an N95 mask. Immediately after leaving the room, dispose of the mask in a regular garbage bin and clean your hands.
- Clients on airborne precautions will not be allowed to leave their room (except for medical procedures) and the door and windows must remain closed at all times, even if the client is not in the room.

What should family and friends do when visiting someone on additional precautions?

- Check with the nurse before entering the room.
- Clean your hands before entering and leaving the room.
- Follow the directions of the sign that is posted on the door.
- Check with staff before bringing any items, including food, into or out of the room.
- Visitors/clients should not visit the kitchen or utility rooms. Please ask staff for required items.
- Wear personal protective equipment (gown, gloves, etc.) when providing direct client care.
- Always remove PPE before leaving the client's room. *Gloves do not substitute for cleaning your hands.* Always clean your hands before and after wearing gloves.
- It is recommended that you visit the client on additional precautions last if visiting multiple people.