




# Airborne and Contact Precautions




In addition to **Routine Practices**

	<h2>Accommodation</h2> <ul style="list-style-type: none"><li>• Negative pressure single room, anteroom (if possible) and bathroom.</li><li>• Facilities without negative pressure rooms should consult IPC and the <a href="#">Management of Patients Requiring Airborne Isolation (Algorithm for facilities without Airborne Isolation Rooms)</a> for management of suspected or confirmed cases that require <b>Airborne and Contact Precautions</b>.</li><li>• <a href="#">Airborne and Contact Precautions sign</a> visible on entry to room.</li><li>• Room door must remain shut at all times (except when entering and leaving room).</li></ul>
	<h2>Hand Hygiene</h2> <ul style="list-style-type: none"><li>• Perform <a href="#">hand hygiene</a> using alcohol-based hand rub (ABHR) or soap and water as described in <b><u>Routine Practices</u></b>.</li><li>• Use plain soap and water when:<ul style="list-style-type: none"><li>○ hands are visibly soiled;</li><li>○ caring for patients<sup>1</sup> with diarrhea and/or vomiting.</li></ul></li><li>• Perform <a href="#">Hand Hygiene</a>:<ul style="list-style-type: none"><li>○ before accessing and putting on a gown, gloves, and mask;</li><li>○ after taking off gloves and after taking off gown;</li><li>○ after leaving room and after removing N95 respirator.</li></ul></li><li>• Educate patients and visitors about how and when to use <a href="#">hand hygiene</a> products.</li></ul>
	<h2>Personal Protective Equipment: N95 Respirators</h2> <ul style="list-style-type: none"><li>• All staff and physicians require fit-testing for an N95 respirator.</li><li>• All family or visitors must wear and <a href="#">seal-check an N95 respirator</a>.</li><li>• Proper wearing of an N95 respirator includes:<ul style="list-style-type: none"><li>○ putting on the respirator before entering the patient's room;</li><li>○ molding the metal bar over the nose;</li><li>○ ensuring an airtight seal on the face, over top of the nose and under the chin;</li><li>○ leaving the room and changing the respirator when it becomes moist;</li><li>○ removing the respirator after leaving the patient's room by touching elastics only;</li><li>○ not wearing respirator around the neck.</li></ul></li></ul> <p>Refer to the <a href="#">AHS Donning &amp; Doffing PPE posters</a> for details on careful removal &amp; disposal of N95 respirators.</p>

<sup>1</sup> Patients are all persons who receive or have requested health care or services.  
The terms "client" or "resident" may also be used, depending on the health care setting.

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For more information, contact Infection Prevention and Control  
[infectionpreventioncontrol@ahs.ca](mailto:infectionpreventioncontrol@ahs.ca)

  	<h3>Personal Protective Equipment: Gowns</h3> <ul style="list-style-type: none"> <li>• Wear a new gown to enter patient room or bed space.</li> <li>• Fasten the tie strings at the neck and the waist.</li> <li>• Make sure the sleeves cover your wrists.</li> <li>• Put on gown before putting on gloves; gloves should cover the gown cuffs.</li> <li>• Do not wear a gown outside a patient room or bed space unless transporting contaminated items.</li> <li>• Remove soiled gowns as soon as possible.</li> <li>• Take off gloves and perform <a href="#">hand hygiene</a> before taking off gown.</li> <li>• Place used, disposable gowns in regular waste container and perform <a href="#">hand hygiene</a>.</li> <li>• Place washable gowns in linen bag dedicated to room and perform <a href="#">hand hygiene</a>.</li> </ul> <p>Refer to the <a href="#">AHS Donning and Doffing PPE posters</a> for details on careful removal and disposal of gowns.</p>
	<h3>Personal Protective Equipment: Gloves</h3> <ul style="list-style-type: none"> <li>• Wear non-sterile gloves to enter patient room or bed space.</li> <li>• Put on gown first and then gloves <i>after</i>, gloves should cover gown cuffs.</li> <li>• Gloves are single-use. Use only once, then dispose of them immediately after use.</li> <li>• Change gloves between care activities for the same patient (e.g. when moving from a contaminated body site to a clean body site).</li> <li>• Sterile gloves are for sterile procedures.</li> <li>• Never wear gloves outside a patient room or bed space unless transporting contaminated items.</li> <li>• Remove damaged gloves as soon as possible and perform <a href="#">hand hygiene</a>.</li> <li>• Never wash gloves or use ABHR while wearing gloves.</li> <li>• Take off gloves and perform <a href="#">hand hygiene</a> <i>before</i> taking off gown.</li> <li>• Discard used gloves in a waste container.</li> </ul> <p>Refer to the <a href="#">AHS Donning and Doffing PPE posters</a> for details on careful removal and disposal of gloves.</p> <p>For more detailed information on glove use see <a href="#">Glove Use and Selection: IPC Best Practice Guidelines</a> or <a href="#">Proper Glove Use as part of Personal Protective Equipment</a></p>

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  	<h3>Handling Patient Care Items and Equipment</h3> <ul style="list-style-type: none"> <li>• Use disposable patient equipment when possible.</li> <li>• Dedicate re-useable equipment for a single patient use only, until discharge (e.g. thermometers, blood pressure equipment).</li> <li>• If reusable equipment cannot be dedicated for a single patient use, clean and disinfect it between patients.             <ul style="list-style-type: none"> <li>○ Refer to manufacturer’s instructions for equipment specific cleaning information</li> </ul> </li> <li>• Contact Precaution rooms should contain a dedicated linen bag; double bag only if leaking.</li> <li>• Do not share toys, electronic games, and books that cannot be cleaned and disinfected.</li> <li>• Clean and disinfect shared tubs and showers immediately after use as per AHS procedures.</li> <li>• Used meal trays and dishes do not require special handling. Place on the dietary cart or in an area designated for used dishes. Disposable dishes and utensils are not required.</li> <li>• After patients are discharged, transferred or contact precautions are discontinued, clean/disinfect reusable equipment, discard single-use supplies that remain and launder unused linens.</li> </ul>
  	<h3>Patient Ambulation Outside Room, Bed Space or Transfer</h3> <ul style="list-style-type: none"> <li>• Patients should leave the room or bed space for essential purposes only, exceptions require IPC consultation.</li> <li>• Before patients leave their room, educate or assist them to:             <ul style="list-style-type: none"> <li>○ perform <a href="#">hand hygiene</a>;</li> <li>○ put on a procedure/surgical mask;</li> <li>○ avoid public common areas such as cafeterias.</li> <li>○ ensure dressings and incontinence products contain drainage.</li> </ul> </li> <li>• Notify the receiving area of need for Airborne Precautions before departure.</li> <li>• Transport Staff should assess the risk of spreading infection and choose clean personal protective equipment (PPE) if necessary, to handle the patient during transport and at the transport destination, using <a href="#">Point of Care Risk Assessment (PCRA)</a>. PPE is to be removed when patient handling is complete.</li> <li>• Medical charts transported with the patient must be kept clean.</li> </ul>

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	<h3>Environmental Cleaning</h3> <ul style="list-style-type: none"> <li>• Room surfaces and equipment cleaning/disinfection is required on a daily basis or more frequently if directed by IPC using AHS approved products and procedures.</li> <li>• After patient discharge:             <ul style="list-style-type: none"> <li>○ keep door closed for the minimum time to allow airborne particles to settle;</li> <li>○ consult Infection Prevention and Control as settle time will vary based on facility air exchanges;</li> <li>○ room may be entered for discharge or transfer cleaning without N95 respirator after settle time has lapsed.</li> <li>○ If staff must enter the room before minimum settle time, wear an N95 respirator and door must remain closed.</li> </ul> </li> <li>• Replace privacy curtains.</li> <li>• Additional precaution signs should not be removed until both patient’s personal hygiene and environmental cleaning have been completed.</li> </ul>
 	<h3>Visitors</h3> <ul style="list-style-type: none"> <li>• Encourage visitors to perform <a href="#">hand hygiene</a>.</li> <li>• Instruct family or visitors to:             <ul style="list-style-type: none"> <li>○ wear a <a href="#">seal-check an N95 respirator</a></li> <li>○ put on and take off gown and gloves, IF they are assisting with care (e.g. feeding, turning).</li> </ul> </li> <li>• <a href="#">Airborne and Contact Precautions Family/Visitor information</a> is an additional resource for visitors.</li> <li>• Keep the number of visitors to a minimum.</li> <li>• Door must remain closed except when entering or leaving the room.</li> </ul>

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