

# Tip Sheet for Acute Care Patients and Designated Family/Supports during COVID-19 Pandemic

**Note:** This recommendation was developed to provide information about personal items, handling laundry; cleaning tips in acute care during the COVID-19 pandemic. If you have any questions or comments contact IPC [ipcstvdadmin@ahs.ca](mailto:ipcstvdadmin@ahs.ca).

## Best practice recommendations

### 1. Hygiene

#### 1.1 Hand hygiene

- Hand hygiene is the most important factor in preventing transmission of germs.
- Refer to MyHealthAB patient care resources, [A Guide to Clean Hands in Healthcare Facilities](#), [11 Handwashing tips for your hospital stay](#) and [Handwashing](#) for more details.

#### 1.2 Cleaning

- Regular and ongoing cleaning reduces contamination and the risk of germ transmission.
- Refer to MyHealthAB patient care resources [Caregiving: Reducing Germs and Infection in the Home](#) and [Cleaning and Sanitizing the Kitchen, Toys, and Other Surfaces](#) for more details.

### 2. Personal items

2.1 Refer to public health information before bringing [food](#) in for a friend/family member.

2.2 Consult with the unit manager or charge nurse prior to bringing personal items, e.g., gifts, letters, in for the patient as deliveries may be limited to those needed for personal care or that contribute to day-to-day activities and well-being. For example:

- Mobility devices such as walkers or canes, dentures, hearing aids, glasses, personal hygiene items, books and magazines, etc.
- Personal electronic devices like laptops, tablets and cellphones.
- Cleanable items and consumables, e.g., small items for personal use such as lotion, shampoo are preferred.

**Note:** Other valuables such as money, wallets, jewelry may not be accepted at this time and are typically discouraged during a hospital stay.

### 3. Handling laundry

3.1 Transport clothes in a closed container, disposable plastic bag or a washable cloth bag that can be laundered at the same time as the clothes.

3.2 Launder patient's clothing separately from other laundry using a hot water wash cycle followed by a cycle in the dryer.

- Have minimal contact with laundry. Do not shake or hug dirty laundry. Place directly from the laundry container or plastic bag into the washer.
- Clean the container or discard plastic bag.
- Wash hands after handling soiled laundry and before handling clean laundry.
- Fold clothing on a clean surface.
- If laundry is being returned to the facility, return in a clean labelled bag or closed container.

3.3 Use a household disinfectant product to wipe down washing machine surfaces especially, touch surfaces such as doors/setting knobs or buttons.

For more information contact  
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