Best practice recommendations

1. Hygiene
   1.1 Hand hygiene
      - Hand hygiene is the most important factor in preventing transmission of germs.

   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.