

Information for VISITORS during an OUTBREAK

Help prevent the spread of infection to the residents, families and staff.

Visiting During an outbreak situation visiting should be limited if possible. You should not visit if you are ill. Ask the nursing staff what would be best for your loved one. Visitors will need to follow any additional precautions (e.g. gowns, gloves, mask) . If you do need to enter the room, follow the directions on the sign. Be sure to ask the nursing staff for help.

Handwashing is a simple and effective way to help prevent diseases, such as colds, flu. Before entering room or leaving, wash your hands with soap and water or use the alcohol based hand sanitizer.

Experts recommend the following steps for handwashing:

- Wet your hands with running water and apply soap.
- Rub your hands together to make a lather. Scrub well for at least 20 seconds.
- Pay special attention to your wrists, the backs of your hands, between your fingers, and under your fingernails.
- Rinse your hands well under running water.
- Use a clean towel to dry your hands, or air-dry your hands

What about alcohol based hand sanitizers? Hand sanitizers that contain alcohol (70%) are a convenient and effective way to perform hand hygiene. These are not to be used if your hands are visibly soiled. If you use sanitizer, rub your hands and fingers until they are dry. You don't need to use water. The alcohol quickly kills many types of germs on your hands.

Respiratory Etiquette

When you cough or sneeze be sure to cover your mouth and nose. Use disposable tissues if possible. Cough or sneeze into your upper sleeve if you do not have a tissue available. Be sure to perform hand hygiene.

Personal Belongings

If your family member or loved one was placed on additional precautions, some belongings may be sent home, for example plush toys or books that the resident has had contact with. Steam cleaning of upholstered furniture may be required.

Resident Outings and Scheduled Activities

Please check with the nursing staff if you want to take your loved one outside the facility. Scheduled entertainment and activities may be cancelled during an outbreak. Please check with the nursing staff for information on any planned event.