

Infection Control for Families & Visitors

Help Prevent the Spread of Germs During Your Visit



Passive Screening — Check Before You Enter

- Review entrance signs and instructions.
- Follow all posted infection control guidelines.
- Do not enter if you are sick, even with mild symptoms:
 - Fever, cough, sore throat,
 - Runny nose, vomiting, diarrhea.

Staying home when sick helps protect residents.

Respiratory Etiquette — Cover Your Cough

- Cough or sneeze into your elbow or a tissue.
- Dispose of tissues in the garbage immediately.
- Clean your hands after coughing or sneezing.



Hand Hygiene — Clean Hands Save Lives

- Clean your hands when arriving and leaving.
- Before and after visiting a resident.
- After using the washroom.
- After coughing, sneezing, or blowing your nose.

How to Hand Rub



Apply product

Palm to palm

Between fingers

Back of hands

Rub fingertips

Rub thumbs

Rub until dry

✓ Use alcohol-based hand rub when available

✓ Use soap and water if hands are visibly dirty.

Thank you for helping us keep everyone safe.

If you have any questions about infection control, please speak with our staff.



The Ottawa
Hospital
Champlain Infection
Prevention and
Control Hub

L'Hôpital
d'Ottawa

Carrefour Prévention et
contrôle des infections
de Champlain

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Personal Protective Equipment (PPE)

You may be asked to wear PPE, such as:

- A medical mask
- Eye protection
- A gown and gloves

Please:

- Follow posted signs and staff instructions
- Put PPE on and take it off as directed
- Clean your hands before and after using PPE



PPE helps protect you, residents, and staff

During Your Visit

- Visit only in approved areas
- Avoid visiting other residents,
- Limit movement around the home
- Keep personal items (phones, purses) off resident beds



When Visits May Be Limited

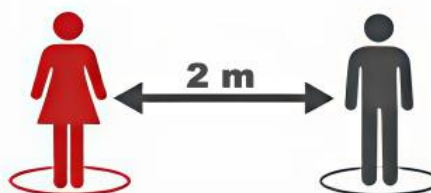
At times, additional infection control measures may be required, including:

- Visitor restrictions
- Physical distancing
- Enhanced PPE requirements (e.g. universal masking)

These measures help protect residents during outbreaks

Physical Distancing

- Stay at least 2 metres (6 feet) away from other people or groups.



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