






# Contact and Droplet Precautions



In addition to **Routine Practices**

	<p><b>Accommodation</b></p> <ul style="list-style-type: none"> <li>• Single room and bathroom (recommended whenever possible).</li> <li>• <b>Contact and Droplet Precautions sign</b> visible on entry to room or bed space.</li> <li>• Room door may remain open (close door if an aerosol generating procedure is in progress).</li> <li>• If room-sharing, a separation of at least 2 metres between patients<sup>1</sup>, a dedicated bathroom or commode for each patient and privacy curtains must be pulled between patients.</li> </ul>
	<p><b>Hand Hygiene</b></p> <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 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, masks, and eye protection;</li> <li>○ after taking off gloves, after taking off gown, and again after removing eye protection and mask.</li> </ul> </li> <li>• Educate patients and visitors about how and when to use <a href="#">hand hygiene</a> products.</li> </ul>
	<p><b>Personal Protective Equipment: Gowns</b></p> <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 <i>before</i> 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> <i>before</i> taking off gown.</li> <li>• Place used, disposable gowns in regular waste container, do not tear or rip to remove, 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>




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	<p><b>Personal Protective Equipment: Gloves</b></p> <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>, cover gown cuffs.</li> <li>• Gloves are single-use. Use only once, then dispose of 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>
	<p><b>Personal Protective Equipment: Facial Protection</b></p> <ul style="list-style-type: none"> <li>• Wear facial (mask and eye) protection to protect your mouth, nose and eyes.</li> <li>• If you need a mask, you also need eye protection (e.g. goggles, face shields, visors attached to masks).</li> <li>• Perform <a href="#">hand hygiene</a> before putting on and immediately after taking off facial protection.</li> <li>• Proper wearing of masks includes:             <ul style="list-style-type: none"> <li>○ ensuring a snug fit over the nose and under the chin;</li> <li>○ molding the metal bar over the nose;</li> <li>○ wearing the mask with the moisture-absorbing side closest to the face;</li> <li>○ removing mask when leaving patient room or bed space;</li> <li>○ changing mask when it becomes moist;</li> <li>○ careful removal after use, touching only the elastic or ties;</li> <li>○ not wearing masks around the neck.</li> </ul> </li> <li>• Prescription glasses do not meet Workplace Health and Safety regulations for eye protection.</li> <li>• Clean and disinfect re-useable eye protection after each use.</li> <li>• Discard single-use masks and eye protection in regular 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 facial protection.</p>

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	<p><b>N95 Respirators &amp; Eye Protection</b> use <b>ONLY</b> for <a href="#">Influenza A or B</a> (confirmed or suspected) cases when <a href="#">Aerosol Generating Medical Procedures</a> are performed.</p> <ul style="list-style-type: none"> <li>• All staff and physicians require fit-testing for an N95 respirator.</li> <li>• Perform <a href="#">hand hygiene</a> before putting on and immediately after taking off N95 respirator.</li> <li>• Proper wearing of a 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>○ donning eye protection after N95;</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 elastic only;</li> <li>○ not wearing respirator around the neck.</li> </ul> </li> </ul> <p>Refer to the <a href="#">AHS Donning and Doffing PPE posters</a> for details on careful removal and disposal of N95 respirators.</p>
	<p><b>Handling Patient Care Items and Equipment</b></p> <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 and Droplet 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>

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	<p><b>Patient Ambulation Outside Room, Bed Space or Transfer</b></p> <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 clean clothing or hospital gown/housecoat;</li> <li>○ ensure dressings and incontinence products contain drainage;</li> <li>○ put on a procedure/surgical mask.</li> </ul> </li> <li>• Notify the receiving area, before departure, of the need for Contact and Droplet Precautions.</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>
	<p><b>Environmental Cleaning</b></p> <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 discharge, transfer or discontinuation of contact and droplet precautions, clean room as per existing facility cleaning practices.</li> <li>• Replace privacy curtains.</li> </ul> <p>Additional precaution signs should not be removed until both patient’s personal hygiene and environmental cleaning have been completed.</p>
	<p><b>Visitors</b></p> <ul style="list-style-type: none"> <li>• Encourage visitors to perform <a href="#">hand hygiene</a>.</li> <li>• Instruct family or visitors masks and eye protection.</li> <li>• Instruct family or visitors how to put on and take off gown and gloves, if they are assisting with care (e.g., feeding, turning).</li> <li>• <a href="#">Contact and Droplet Isolation Precautions Family/Visitor information</a> is an additional resource for visitors.</li> <li>• Keep the number of visitors to a minimum.</li> </ul>

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