



Everyone has germs, and most of them are harmless. A few germs, however, can make you sick. At St. Luke's Cornwall Hospital, our goal is to protect our patients, their families, and visitors from germs that might make them sick.

In the hospital, precautions are used as a way of stopping the spread of germs from one person to another. Using precautions and signs provides information to staff, patients, families, and visitors what actions may be necessary to prevent the spread of infection.

What are "Contact Precautions"?

You have been placed on "**CONTACT PRECAUTIONS**" because you have (or may have) germs in or on your body that can be harmful to other people. These germs are spread when people touch you or your environment, or when you touch others. Placing you on **CONTACT PRECAUTIONS** informs staff, your family, and your visitors so that they can take actions to prevent the spread of these germs.

What will the hospital staff do if you are on CONTACT PRECAUTIONS?

- Wash their hands before and after EVERY encounter with you.
- Put an orange CONTACT PRECAUTIONS sign on your door to let other staff and visitors know what to do before entering your room
- Wear gloves when entering your room and gowns when they may have contact with you
- Provide your visitors and families with the gowns and gloves that they may need.

It is okay to remind our staff to clean their hands!

What can you do to help?

- Wash your hands often, especially upon entering or exiting your room.
- Be sure visitors entering your room have read the sign on your door
- Limit visitors to a few family members and friends.

What can your Families and Visitors do:

- **Stop and see your nurse before entering your room**
- Clean hands upon entering and exiting your room.
- Avoid contact with dressings, tubes, bed sheets and other items the patient may touch.
- Do not go into the rooms of other patients.

What is the best way for everyone to clean their hands?

When cleaning hands with soap and water:

- Wet hands with warm water.
- Dispense one measure of soap into palm.
- Lather by rubbing hands together for 20 seconds, covering all surfaces of hands and fingers.
- Rinse hands thoroughly
- Dry hands with paper towel.
- Use a towel to turn off faucet.
- Discard towel in the trash container

When cleaning hands with alcohol gel/foam:

- Dispense one measure of gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, about 15 to 20 seconds.

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

