

## What if I am admitted with an infection?

**P**atients/residents who have a contagious or “catching” infection may need to be placed in a private room to prevent the spread of germs.

## Other ways YOU can help...

1. Wash your hands often and well.
2. Remind anyone, including staff and visitors entering your room, to wash their hands with soap or waterless hand rinse before touching or caring for you.
3. Ask friends or family who are sick – including children – not to visit.
4. Ask visitors to closely supervise small children.
5. Ask your doctor about your special vaccination needs. Get a yearly influenza vaccination.
6. Try to follow Canada’s Guide to Healthy Eating.
7. Get a proper amount of sleep to help the healing process.

**HELP US HELP YOU**

## Our commitment to you...

**T**he staff who work at Riverview Health Centre care about you and are committed to doing everything possible to help prevent infections from occurring while you are here.

We hope this pamphlet helps you and your visitors to understand your role and the staff’s role in providing a safe environment.

Thank you for helping to make Riverview Health Centre a safer place for everyone.

### IF YOU HAVE A QUESTION:

The Infection Control Nurse can speak to you about specific infection prevention and control questions you may have.

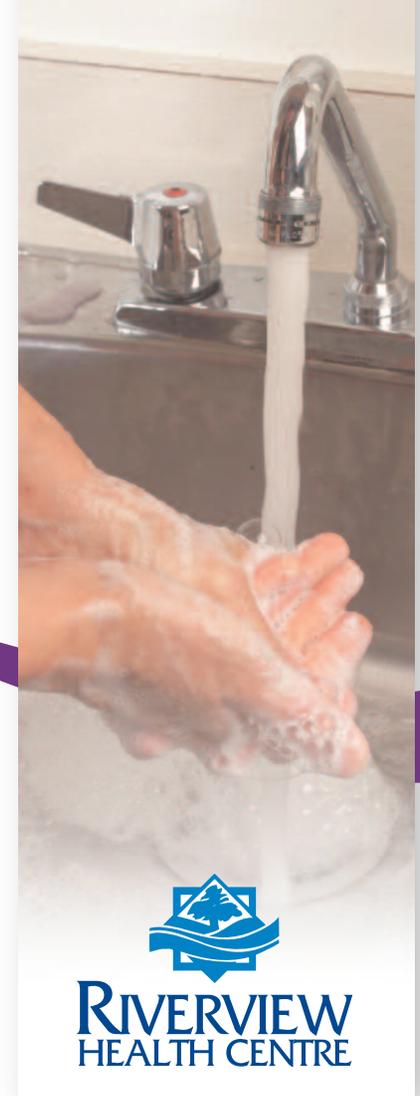
**For more information contact:**

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**This pamphlet was adapted from Sunnybrook & Women’s Infection Prevention & Control Service.**



**Infection Prevention  
and Control for  
Patients & Residents**

# Infection Prevention & Control for Patients & Residents

## Tips to Decrease Your Risk of Infection

### WHAT CAN YOU DO TO HELP?

Hand washing is the most important way to prevent the spread of germs. Wash your hands:

- after using the toilet
- after blowing your nose
- before and after you touch your bandage or a wound
- before and after eating and drinking
- when your hands are dirty

Family and friends who visit you should also wash their hands at these times.

### GERMS ARE EVERYWHERE:

- Germs can't be seen without a microscope, but they are all over – on our hands, in our noses, mouths, bowels and on surfaces in the environment.
- Most germs that live with us – on us and in us – do not normally cause harm. Some germs help digest food. Only a few types of germs cause infections, and then only in some people.

## Why is infection prevention so important?

- Prevention is important because germs can make your hospital stay longer. Infections may be inconvenient, cause additional illness and be accidentally passed on to others.
- The elderly, patients/residents with poor nutrition who are taking antibiotics, steroids or cancer medication, and patients/residents who are already seriously ill are most at risk of infection.

## What is a Nosocomial Infection?

- This is an infection that can result from being in a hospital environment. Examples include pneumonia, bladder or kidney infections or skin infections.
- Most of these infections are caused by your own germs. These may make you sick when you are already weakened by other illness.
- The risk of infection is always present, but steps can be taken to significantly lower the risk.

## Here's what WE do to help...



At Riverview Health Centre, staff use the following precautions for all patients/residents so that germs are not transmitted between them:

- Washing or using a waterless hand rinse on our hands before and after direct patient contact.
- Wearing protective clothing, such as masks, gloves and gowns, when appropriate. Hands are washed when gloves are removed.
- Disposing of used needles is handled carefully.

Your nurse or physiotherapist may perform procedures or help you with exercises to decrease your risk of infections such as pneumonia.

All members of the health care team follow careful routines to lower your risk of infection. This includes housekeeping, food handlers, lab staff and many others.

Riverview Health Centre has specific policies that require us to check patients/residents for the presence of Antibiotic Resistant Organisms (germs.)

