

## When a Patient/Resident is Symptomatic

- If the patient/resident is symptomatic you will be asked to follow the directions outlined in the visitor box on the sign. Depending on what the sign says, you may be asked to wear a gown, gloves, mask, goggles or all of the above depending on the infection causing the outbreak. Always check with nursing if unsure of steps to follow.
- If patient/Resident is removed from isolation the sign will be removed from the door and you will no longer be required to put on gown, gloves etc.
- Visitor restrictions will remain in place until the outbreak is declared over by Medical Health Officer.
- Family and friends may send messages through our Well Wishes program by logging on to:

<http://www.fhhr.ca/WellWishes.htm>

1030—Appendix C

“What you need to know in an Outbreak”

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## What is an outbreak?

An “outbreak” is when there is an increase in the amount of a particular infection that has spread among patients or staff members.

### When an outbreak is declared

- When an outbreak is declared, please check with nursing staff prior to entering the outbreak unit.
- Activities and outings may be suspended or cancelled until outbreak is declared over.
- Please note that for your protection and the protection of others we will restrict visitation to 1 person in a given 12 hour period.
- Visitors are asked to wash their hands upon entering and exiting facility.
- If you are the designated visitor, we ask that you exit the facility immediately after your visit; do not visit other patients or public areas of the hospital.
- Please do not visit if you are experiencing any symptoms of a contagious illness such as cough, fever, diarrhea, vomiting or nausea.

## What you need to know in an Outbreak

Five Hills Health Region  
Regional Infection Prevention  
& Control Department



### Information for Patients/ Residents and Visitors

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## What can visitors do to help?

- Limit visitors to 1 in a 12 hour period.
- Wash hands before and after your visit with either soap & water or alcohol sanitizer provided.
- Refrain from visiting if you have any contagious illness or condition.
- Help our patients keep the space around them clutter-free and tidy. Don't bring any unnecessary items such as cuddly toys, knick knacks, etc. from home in order to assist housekeeping in keeping these areas clean.
- Please remember although children are welcome, young children and babies are more at risk of picking up and passing on infections. Please do not allow them to wander around the ward.
- Do not sit on the patient's bed or commode, instead use the chairs provided on the wards.
- Do not use the patient's wash-room. Ask the ward staff for the nearest public washroom.
- Place coats and anything else you are bringing into the room in a plastic bag. When leaving the room wash your hands and then remove items from the plastic bag. Dispose of the bag once all items removed.

## Why clean your hands

Even if your hands look clean, they may carry harmful germs. In order to stop the spread of these germs, you must clean your hands.

## How to clean your hands properly

### Soap and Water

- ◆ Wet hands under warm running water, apply soap and lather.
- ◆ Using friction cover all surfaces of hands including the palm and back of hands, fingertips, nail beds, between fingers and thumbs for a minimum of 15 seconds; rinse with water.
- ◆ Dry hands with paper towel. Use a new paper towel to turn off taps.

### Alcohol Hand Sanitizer

- ◆ Apply 2 pumps of alcohol to hands
- ◆ Rub hands together covering all surfaces of the hand as listed above until hands are completely dry.

## What can Patients/Residents do to help?

- When an outbreak is declared you may be placed on isolation. "Isolation" means that a person has an infection that can be spread to other patients/residents, staff or visitors in the facility.
- When you are placed on isolation a sign will be posted on your door alerting visitors and staff of special equipment they need to wear prior to entering the room.
- You cannot leave your room while you are on "Isolation" other than for medically necessary procedures.
- Staff and visitors are to follow the sign posted outside the door.

***Always remember to cover your cough and use good hand washing at all times.***

### **Please note:**

You may be taken off "Isolation" which means you are no longer deemed infectious. When the sign is removed from the door it will no longer be necessary for staff/visitors to wear additional protective equipment upon entry to your room. The ward may still be in an outbreak until the Medical Health Officer declares the outbreak over. Visitor restriction will still apply until the outbreak is declared over.

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