Infection Prevention and Control Tips for Patients, Caregivers and Visitors

As we transition towards a new normal and living with COVID-19, it is important to reflect on best practices for preventing the transmission of illness and germs in the healthcare setting. We all play a shared role in this responsibility and here are some tools that will support safe visits.

Do not visit if you are ill
Visiting a patient when you are not feeling well puts **everyone** at risk. Keep infants and children at home if they are not feeling well. Do not visit if you have a cold or any of the following symptoms:
- Fever
- Cough, runny nose, sneezing, stuffy nose, sore throat
- Diarrhea, vomiting or nausea
- Undiagnosed rash

Keep your hands clean
Use alcohol-based hand sanitizer:
- Immediately when you enter the facility, and as you leave.
- Before entering and when leaving a patient's room.
- Before and after providing direct care for a patient.

It is also safe to remind staff to clean their hands.

Mask friendly
While it is no longer necessary to wear a mask, you may choose to do so. Masks will remain available at main entrances, or you may request one on the unit.

Encouraging safe visits

For the safety of our patients, we ask that family/visitors refrain from eating and drinking in patient rooms. Instead, we ask you to enjoy communal food at designated eating areas such as the Atrium or Café.

Get vaccinated
COVID-19 and influenza can cause serious complications, such as pneumonia or death for older adults or people with certain medical conditions. You can pass these viruses to others before you start to show any symptoms. Remaining up to date with your vaccination is another layer of protection that will keep all of us safe.

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