



Extra Precautions in Healthcare

**An Information Booklet
Preventing the Spread of Infection**

What to expect if you are placed into
extra precautions during your care!

ABOUT THIS BOOK

This Book is designed to fill the need for simple, point-of-first-use infection prevention information for patients/ residents and their families.

This booklet outlines the important extra precautions that may be needed to prevent the spread of infection in the healthcare setting.

Being placed in extra precautions can be frightening and difficult to understand. This book attempts to provide basic information to help you and your family and friends know what to expect.

Do not hesitate to ask for more information if required.

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What are extra precautions?

At times bacteria and viruses can cause infection or illness that can affect a number of patients, residents or visitors. Some of these bacteria or viruses can be highly infectious. To stop the spread of these highly infectious bacteria or viruses to others, extra precautions may be needed, and used by everyone who enters your room. These are called “Transmission Based Precautions” or sometimes “Isolation”. These precautions are designed to protect you, your family, anyone looking after you, and the community.

The extra precautions that can be used are listed below. One, or a combination of more than one, is selected for your care if needed.

- ❑ Contact precautions - examples: MRSA (golden Staph), diarrhoea
- ❑ Droplet precautions - examples: Flu, gastro
- ❑ Airborne precautions - examples: Tuberculosis, measles
- ❑ Special Disease Event precautions - examples: Ebola

If your visitors are required to follow these same extra precautions you will be told at the time, and instructions will be given to your visitors on what is needed .



Contact Precautions

There are two ways “Contact precautions” may be used:

1. Anyone who enters your room will wear a gown and gloves at all times.
2. Wearing a gown and gloves are only be needed when someone is doing things for you like helping with toileting or dressing a wound.

A sign similar to this one will be placed on the door of your room. Your door does not have to stay closed.




Sometimes other things are needed such as a mask or protective glasses but these are only used when required. See below pictures.



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Droplet Precautions

Anyone who enters your room when you are on “Droplet precautions “ will wear a mask.

A sign similar to this one will be placed on the door of your room. 

Sometimes other things are needed such as a gown, gloves, or protective glasses but these are only used when required. See below pictures.



**Visitors**
See a nurse for information before entering the room

For all staff
Droplet Precautions
in addition to Standard Precautions

Before entering room

**1**
Perform hand hygiene

**2**
Put on a surgical mask


On leaving room

**1**
Dispose of mask

**2**
Perform hand hygiene


Airborne Precautions

Anyone who enters your room when you are on “Airborne precautions “ will wear a mask.

A sign similar to this one will be placed on the door of your room. 
Your door will be kept closed.



Sometimes other things are needed such as a gown, gloves, or protective glasses but these are only used when required. See below pictures.





**Visitors**
See a nurse for information before entering the room

For all staff
Airborne Precautions
in addition to Standard Precautions

Before entering room

- Perform hand hygiene
- Put on N95 or P2 mask
- Perform a fit check of the mask

On leaving room

- Dispose of mask
- Perform hand hygiene

Keep door closed at all times

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Special Disease Event Precautions



The “Special Disease Event Precautions” require the use of all three extra precautions talked about on the previous pages including some other things such as a full face and neck cover.

These precautions have not been used yet in the Grampians region, but if needed staff are trained on what to do. These will only be needed for a highly infectious bacteria or virus that is new to Australia.

You and your family will be told immediately on admission if these precautions are required, and given instructions on what will happen next. Everyone such as nurses, doctors and your family will be required to use these precautions.



Other Important Information!

- ❑ You will be asked to stay in your room.
- ❑ If you are told you can leave your room, you must clean your hands **BEFORE** leaving. You can use soap and water or the alcohol based hand rub in your room.
- ❑ You may be asked to wear a mask when you leave your room. You will be told if this is required, and how to put it on and take it off correctly. Hands must be cleaned after taking off the mask.
- ❑ Your meals will be delivered directly to your room, or left outside the room for the nurse to bring in to you.
- ❑ Visitors may be asked to wear some of the things described in the previous pages such as a gown, gloves and a mask when they visit you. If this is needed they will be given instructions on what to do.



Other Important Information!

- ❑ All visitors will be required to clean their hands before and after visiting you.
- ❑ When you are in extra precautions your visitors should not visit other patients or residents after visiting you.
- ❑ Sometimes when extra precautions are required you may not be able to have visitors, especially young children.
- ❑ Visitors who are feeling unwell, have diarrhoea, vomiting or flu-like symptoms should not visit until their symptoms have stopped.
- ❑ It is not always possible to know how long these extra precautions will be needed.
- ❑ If you need more information, please speak with your nurse and they will get someone to come and talk to you about the extra precautions.

It's OK to ask!

Going Home

- ❑ If you are to be transferred to another facility (hospital or aged care home), the staff at the facility you are going to will be told if you still need extra precautions.
- ❑ Usually these extra precautions are no longer needed when you are well enough to go home because you are not living with other sick or susceptible people.
- ❑ You will be advised by your Doctor if you need to do anything to continue to protect your family and friends if you are going home.
- ❑ If the infection is still present and a relative or carer is helping with washing you or dressing your wound, it's important they wash their hands before and after any care.
- ❑ Bed linen and clothes can usually be washed as normal in a domestic washing machine.

REMEMBER

If you are not sure about anything please ask
your Nurse!

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Notes Page – My questions to ask

References

NHMRC Australian Guidelines for the Prevention and Control of Infection in healthcare (2019). Commonwealth of Australia

<https://app.magicapp.org/app#/guideline/3333>

Victoria Department of Health—Disease Information and Advice

<https://www2.health.vic.gov.au/public-health/infectious-diseases/disease-information-advice>

Resources

For other booklets and resources visit the Grampians Region Health Alliance Website—Infection Control at:

<http://infectioncontrol.grampianshealth.org.au/index.php/health-resources/infection-control>



Preventing the spread of infection together!



Thank you for your support