

References

NHMRC (2010) Australian Guidelines for the Prevention and Control of Infection in healthcare. Commonwealth of Australia

<http://www.nhmrc.gov.au/guidelines/publications/cd33>

Victoria: Disease Information and Advice (online)

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

Resources

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

<http://infectioncontrol.grampianshealth.org.au>

Disclaimer

Every effort has been taken to confirm the accuracy of the information presented in this booklet, however, the authors, are not responsible for errors or omissions or for any consequences from application of the information in the booklet and make no warranty, express or implied, with respect to the contents of the publication. In view of ongoing research, changes in government regulations and the flow of other information, the information is provided on the basis that all persons undertake responsibility for assessing the relevance and accuracy of its content.

PREVENTING THE SPREAD OF INFECTION EXTRA PRECAUTIONS

A Patient Information Booklet

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



Grampians Region Infection Control Group

2018

Going Home

👉 If you are to be transferred to another hospital, the staff at the hospital you are going to will be told if you still need extra precautions.

👉 Sometimes you will have to remain in extra precautions until the time of your discharge.

👉 Usually these extra precautions are no longer needed when you are well enough to go home because you are not living with other sick people.

👉 You will be advised by your Doctor if you need to do anything to continue to protect your family and friends once you leave hospital.

👉 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 need to continue taking extra precautions at home, you will be told by the hospital staff before you leave.



What are precautions?

At times bacteria and viruses can cause infection or illness that can affect a number of residents or patients 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”. These precautions are designed to protect you, your family, anyone looking after you, and the community.

There are four possible precautions that can be used. One, or a combination of more than one, is selected for your care if needed.

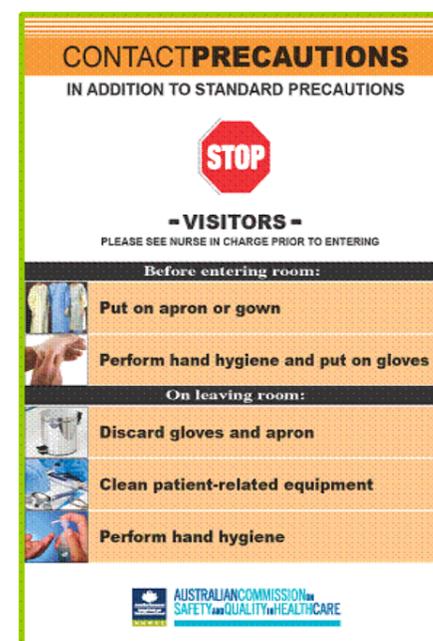
These are called:

1. Contact precautions - examples: MRSA (golden Staph), diarrhoea
2. Droplet precautions - examples: Flu, gastro
3. Airborne precautions - examples: Tuberculosis, measles
4. 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.

A sign will be placed on your door.

They often look like the pictures below.



Contact Precautions

Anyone who enters your room when you are on “Contact precautions “ will wear a gown and gloves.

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

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

CONTACT PRECAUTIONS
IN ADDITION TO STANDARD PRECAUTIONS

STOP

- VISITORS -
PLEASE SEE NURSE IN CHARGE PRIOR TO ENTERING

Before entering room:

- Put on apron or gown
- Perform hand hygiene and put on gloves

On leaving room:

- Discard gloves and apron
- Clean patient-related equipment
- Perform hand hygiene

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Other Important Information!

- 👏 All visitors will be required to wash their hands before and after visiting you.
- 👏 Your visitors should not visit other patients 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.



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.
- 👉 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.

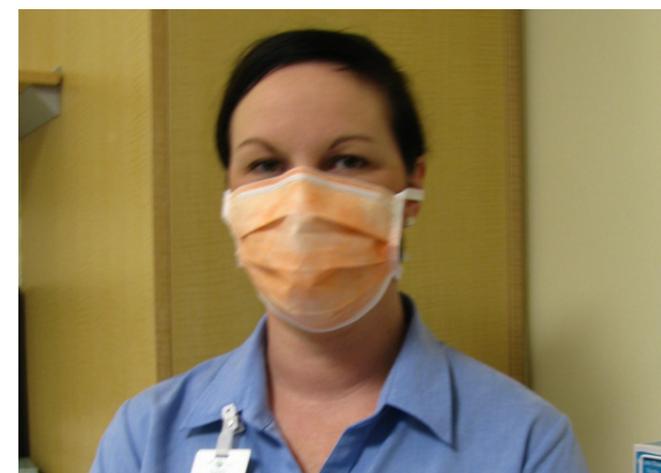


Droplet Precautions

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.



Airborne Precautions

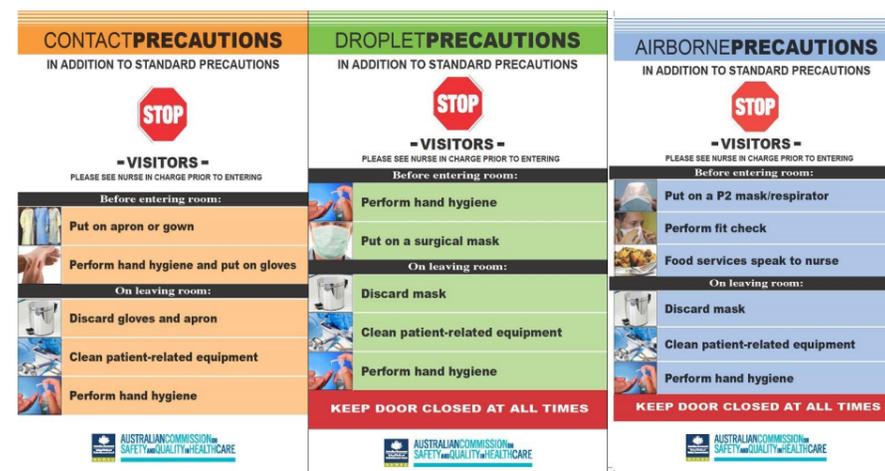
Anyone who enters your room when you are on "Airborne precautions" will wear a mask.

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

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



Special Disease Event Precautions



The "Special Disease Event Precautions" require the use of all three extra precautions talked about on the previous pages.

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

You and your family will be told immediately on admission to hospital 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.

