

Protect Yourself and Others

Everyday Safe Practices

- These are steps that **everyone** — healthcare workers and visitors — should follow to stop the spread of germs.

Clean Your Hands

- Use **hand sanitizer** (also called alcohol-based hand rub) — it's quick and works well
- If your hands look dirty, wash with **soap and water**

Cover Your Cough

- Cough or sneeze into your sleeve or a tissue
- If you use your hands, wash them right away

Stay Home If You're Sick

- Healthcare workers don't come to work sick
- Don't visit a hospital or care home if you're feeling unwell

Get Vaccinated

- Ensure your vaccines are up to date including the recommended yearly **flu shot**

Dos and Dont's

- **Don't** use the patient's washroom.
- **Do** ask staff to show you where the public washroom is.
- **Don't** touch hospital carts, supplies, or linen warmers.
- **Do** ask staff if you need blankets or supplies.
- **Do** ask staff if you need to wear gloves, gowns, a mask, or eye protection before entering a patient space or providing care.
- **Don't** wear them outside the patient's room.
- **Don't** sit or put your feet on beds or chairs with clean sheets.
- **Do** ask staff where it's OK to sit.



more information on other side →

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		

Protect Yourself and Others *(continued)*

Extra Precautions

Sometimes extra steps are needed to stop **certain infections** from spreading.

These are based on how the infection spreads — by touch, droplets (like sneezes), or through the air.

Follow the Signs

- Read any signs on the door or curtain
- Clean your hands when entering and leaving a room

Contact Precautions (Yellow or Brown Sign)

Used when germs can spread through **touch**, like with diarrhea, open wounds, or germs on surfaces.

- Staff wear gloves and a gown
- Visitors also wear gloves and a gown **only if they help care for the patient**
- Gloves and gown must be removed **before leaving the room or bedspace**
- Always clean your hands

Droplet Precautions (Blue or Orange Sign)

Used when germs can spread through **wet droplets**, like from coughs or sneezes (for example, with influenza or a cold).

- Staff wear a mask and eye protection when close to the patient (within 2 metres)
- Visitors must also wear a **mask and eye protection** when close
- Take off your mask and eye protection **before leaving the room or bedspace**
- Clean your hands

Airborne Precautions (Green or Pink Sign)

Used for germs that can **float in the air**, like chickenpox, measles, or tuberculosis.

- Staff wear a special N95 mask
- Visitors will be offered an N95 mask to wear
- Masks must be put on **before entering the room**
- Masks must be taken off **after leaving the room**

Additional Resources

There are many resources on the internet but not all will have accurate information. Below is a list of trusted internet resources. Open camera on phone, focus on image (QR Code), tap website link to open document.

PICNet public website

Patient Hand Hygiene

[PICNet-PatientHandHygiene-Brochure.pdf](#)



Infection Control Information for Visitors

[PICNet-ResCareVisitor-Brochure-v2.pdf](#)



How to wear a medical mask

[How to Wear a Medical Mask](#)

