Infection Prevention: A Guide for Visiting Loved Ones with Respiratory Illness

Visiting a family member or friend in the hospital is an important way to show your support, but it's equally important to protect both your loved one and others in the healthcare setting from potential infections. Respiratory illnesses, such as the flu, COVID-19, pneumonia, and others, can be easily transmitted in a hospital environment, especially to those who are already vulnerable.

This brochure provides essential tips and guidelines for infection prevention when visiting someone who has a respiratory illness. By following these steps, you help create a safer environment for your loved one, hospital staff, and other patients.

We understand that being there for someone you care about is vital, and by practicing these simple infection-prevention measures, you can ensure your visit is both supportive and safe. Thank you for helping us maintain a healthy environment for everyone in the hospital.

STEVENSON MEMORIAL HOSPITAL

For more information, please contact us at Stevenson Memorial Hospital.

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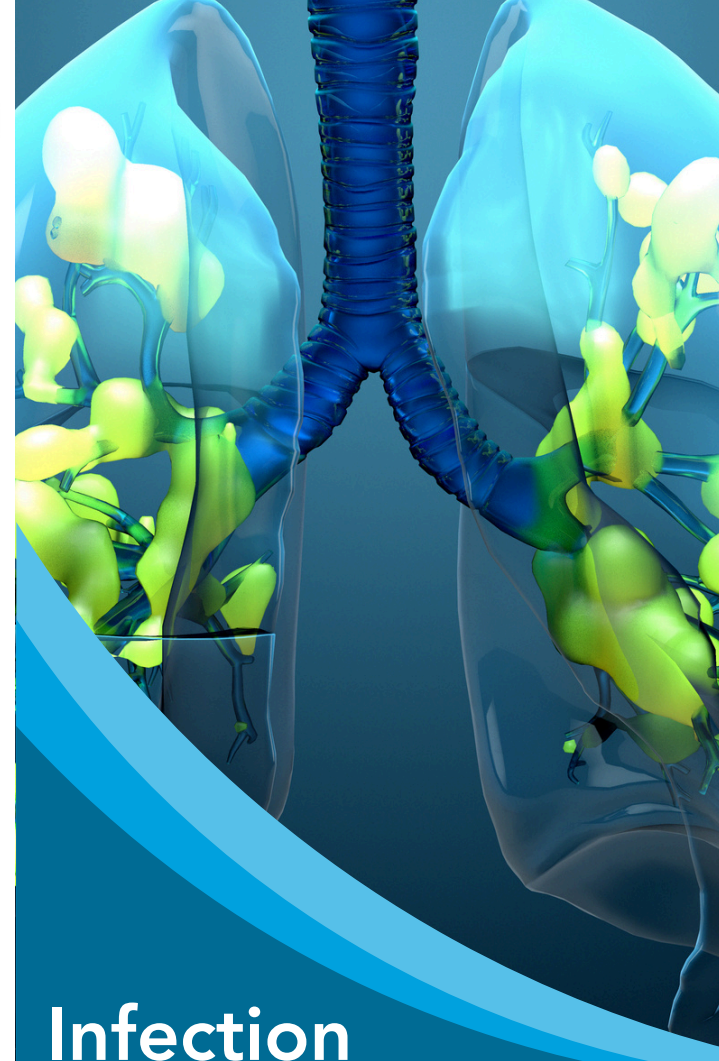
Infection Prevention: Acute Respiratory Illness

A Guide for Patients & Visitors

STEVENSON MEMORIAL HOSPITAL

Personal Protective Equipment (PPE)

How to Put On PPE

1 PERFORM HAND HYGIENE

2 PUT ON GOWN

3 PUT ON MASK OR N95 RESPIRATOR

4 PUT ON EYE PROTECTION

5 PUT ON GLOVES

How to Remove PPE

1 REMOVE GLOVES

2 REMOVE GOWN

3 PERFORM HAND HYGIENE

4 REMOVE EYE PROTECTION

5 REMOVE MASK OR N95 RESPIRATOR

6 PERFORM HAND HYGIENE

PPE Best Practices

- Don't wear PPE outside of a patient room
- Take off PPE as soon as you exit a patient's room
- Do not remove or lower your mask or eye protection
- Do not touch underneath the gown, mask or eye protection with a gloved hand
- Eating or drinking is not permitted in patient care areas

Hand Hygeine

Hand hygiene is one of the most effective ways to prevent the spread of illness. To reduce the risk of transmission, thoroughly rub your hands for at least 15 seconds using alcohol-based hand sanitizer or wash with soap and water before and after visiting a patient's room. Additionally, be sure to perform hand hygiene when entering and exiting the facility to maintain a clean and safe environment for everyone.

When Visiting a Patient at SMH:

- Stay home if you're feeling unwell: Please avoid visiting if you have a fever, cough, diarrhea, or any other symptoms of illness.
- Practice hand hygiene: Wash your hands thoroughly before and after visiting a patient.
- Respect patient space: Do not sit on or place your feet on hospital beds.
- Use designated restrooms: Please refrain from using the patient's restroom. We can direct you to the public washrooms available in the facility.
- Avoid touching supplies: To prevent contamination, please do not touch any items on the supply carts.
- Leave after your visit: Kindly exit the facility once your visit is complete.
- Limit your visits: Please refrain from visiting other patients during your stay to ensure the safety of all.
- Your cooperation helps maintain a safe and healthy environment for everyone!

Please keep in mind that these guidelines are subject to change depending on the illness.

Thank you all for doing your part & keeping our hospital & patients safe!