

# Help Prevent the Spread of Germs

## Guidelines for Visitors

Visitors are important to our patients. To ensure the well-being of all patients, visitors and staff, we ask you to follow these guidelines to help reduce the spread of germs at St. Joseph's Health Care London.

- Wash your hands before entering a patient's room, when leaving the room and at the end of your visit. Alcohol-based hand rubs are available throughout the hospital, and are identified by red buttons on the front of the dispenser. Cover all of your hands and rub for 15 seconds. If your hands are visibly soiled, wash with soap and water and use a paper towel to turn off the taps.
- Do not sit or put your feet on hospital beds or chairs that are covered with sheets or blankets. Linens are easily contaminated.
- Do not use the patient's washroom. Staff will direct you to visitor facilities.
- To avoid accidentally contaminating items, ask staff for assistance if extra linens or supplies are required.
- Do not visit if you have a fever, cough, diarrhea, or are feeling unwell.
- Make sure your hands are clean before and after you touch your loved one. Try to limit your visit to one patient. If you must visit more than one patient, clean your hands between each visit.

### Isolation Rooms

Sometimes patients require extra infection control precautions and have a sign posted at the entry to their room. In these instances, please stop at the nurse's station to receive instructions before you visit.

- If you need to wear gloves, gowns, mask or protective eyewear, staff will assist you in putting them on and taking them off safely so that you do not accidentally contaminate yourself or others.
- If you are visiting multiple isolated patients, check at the nurse's station to determine additional personal protective equipment required.

**Clean hands are the most important step in controlling the spread of infections.**

200318 (Nov/13)

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

---

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



[sjhc.london.on.ca](http://sjhc.london.on.ca)