

## FACT SHEET

# Infection Prevention and Control Tips for Visiting All Health Care Settings

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As a visitor, it is important to keep everyone safe by following the instructions of the health care setting you are visiting. These infection prevention and control (IPAC) steps are important to follow whenever you enter a health care setting:

## Screen Before You Go In

**If you do not feel well, you should not visit.**

Screening helps keep visitors from bringing sickness in. Screening may include answering questions in advance online or you see on a poster and/or are asked by a person at the door including whether or not you have a cough, sore throat, nausea, diarrhea or other symptoms. Screening may also involve testing (such as a swab) if required by the setting.

## Keep Your Hands Clean

Cleaning hands is one of the best ways you and the health care team can stop infections from spreading. Use the alcohol based hand rub or soap and water at the care setting to clean your hands. Use moisturizers to keep the skin on your hands healthy.

Clean your hands:

- before coming in and when leaving the building
- before entering, and when leaving the patient/resident room or bed space
- before and after putting on a mask, gloves or eye protection
- before eating, after using the washroom, or blowing your nose
- whenever hands are visibly dirty
- before and after providing care

There are videos to show you [How to Hand Rub](#) and [How to Hand Wash](#).

## Do Not Share Food or Other Items

- Only bring items you need with you.
- Do not share food, drinks, or other items with other patients/residents, visitors, or staff.

## Know How to Use Personal Protective Equipment

Personal protective equipment (PPE) includes gloves, gown, medical mask and eye protection. It is worn by staff and visitors to protect hands, clothing, eyes, nose, and mouth from germs that may cause infection.

You may need to wear PPE if there may be splashes/sprays or contact with blood or body fluids such as when bathing, feeding, toileting, emptying a bedpan or personal care. If you are not sure, look for instructions on the door or bed space or ask a health care provider. Follow signs on how to properly put on and take off PPE.

**Prescription eyeglasses do not protect you from infections. Use goggles or a face shield if needed. Follow instructions provided by the care setting.**

There are videos to show you how to [Put On](#) and [Take Off](#) PPE.

## Practice Physical Distancing, Masking, and Cough Etiquette

- Keep two metres (six feet) away from others as much as possible.
- Only provide care to the person you are visiting.
- Follow the masking instructions of the care setting you are visiting.
- Cough or sneeze into your elbow or a tissue.
- Throw away used tissues and then clean your hands.

## Stay up to Date with Your Vaccinations

Stay up to date with vaccinations, such as the COVID-19 and yearly influenza vaccines.

Thank you for doing your part to keep everyone safe.

## For More Information

Contact [ipac@oahpp.ca](mailto:ipac@oahpp.ca) or visit [publichealthontario.ca](http://publichealthontario.ca).