

# PATIENT, FAMILY, AND VISITORS



## Contact Precautions

You or your loved one is in Contact Precautions. These precautions prevent spread of infection between patients in hospitals. This type of infection is spread by directly touching the patient or something they have touched.

An orange sign saying "Contact Precautions" is outside the room letting staff, families, and visitors know what they can do to help keep patients safe.

### **As a patient, family, or visitor you must help by:**

- Cleaning hands when you enter and leave the room.
- Limiting where you go outside the room unless given permission by the nurse so that germs are not spread to other patients, visitors, and staff.
- Asking physicians and staff to wash or sanitize their hands as they enter and leave the room even if they are using gloves.
- Limiting visitors to close contacts only.

You will see doctors and staff doing the following:

#### Hand Hygiene

- Cleaning hands before and after caring for the patient.

#### Gloves, Gowns, Masks, Goggles

- They must wear gloves and gown while in the room and remove them before leaving. They might also wear mask and goggles.

#### Transportation

- If the patient needs to go out of the room for a test, staff will help patient to wear a clean gown.
- Staff will clean their hands.

***If you have additional questions about Contact Precautions, ask your nurse.***



Washington State  
Hospital Association

Orange/Yellow  
Pantone144 C/Process Yellow  
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