



## Infection Prevention for Health First Visitors

A patient may be placed in isolation for various reasons, including:

- Preventing others from contracting a contagious illness
- Protecting the patient while their ability to fight infection is low

Infection prevention aims to stop the spread of illness in a healthcare facility. Infections can be spread through the air and through contact with hands, personal items or healthcare equipment.

The most important step in preventing the spread of infection is cleaning your hands. You can clean your hands using soap and water or a waterless hand sanitizer.

When you visit your loved one in our facilities, we ask that you follow these guidelines to protect yourself, as well as our other patients, staff and visitors.

- Prior to entering the room, review the sign posted outside the door listing the precautions you need to take.
- Check with a nurse to see if you need to put on protective clothing before you go into the room.
- Take as few items as possible into the isolation room.
- Clean your hands right before you leave the isolation room.
- If a Health First clinician forgets to wash their hands when they enter or just before they leave the isolation room, please remind them to do so.

There may be a limit to the number of visitors allowed together in an isolation room.

If you have any questions about infection prevention, please speak to your loved one's care team.