




# Contact and Droplet Precautions in Acute care

In addition to [Routine Practices](#)

	<h2>Accommodation</h2> <ul style="list-style-type: none"> <li>• Single room and bathroom (recommended whenever possible).</li> <li>• <a href="#">Contact and Droplet Precautions sign</a> visible on entry to room or bed space.</li> <li>• Room door may remain open (close door if an <a href="#">aerosol-generating medical procedure</a> [AGMP] is in progress)</li> <li>• If room-sharing, a separation of at least 2 metres between patients<sup>1</sup>, a dedicated bathroom or commode for each patient and privacy curtains must be pulled between patients.</li> </ul>
	<h2>Hand hygiene</h2> <ul style="list-style-type: none"> <li>• Perform <a href="#">hand hygiene</a> using alcohol-based hand rub (ABHR) or soap and water as described in <a href="#">Routine Practices</a></li> <li>• Use plain soap and water when:             <ul style="list-style-type: none"> <li>○ hands are visibly soiled</li> <li>○ caring for patients with diarrhea and/or vomiting.</li> </ul> </li> <li>• Perform <a href="#">hand hygiene</a>:             <ul style="list-style-type: none"> <li>○ before accessing and putting on a gown, gloves, masks, and eye protection</li> <li>○ after taking off gloves, after taking off gown, and again after removing eye protection and mask.</li> </ul> </li> <li>• Educate patients and visitors about how and when to use <a href="#">hand hygiene</a> products.</li> </ul>
	<h2>Personal protective equipment (PPE): Gowns</h2> <ul style="list-style-type: none"> <li>• Wear a new gown to enter patient room or bed space.</li> <li>• Fasten the tie strings at the neck and the waist.</li> <li>• Make sure the sleeves cover your wrists.</li> <li>• Put on gown <i>before</i> putting on gloves; gloves should cover the gown cuffs.</li> <li>• Do not wear a gown outside a patient room or bed space unless transporting contaminated items.</li> <li>• Remove soiled gowns as soon as possible.</li> <li>• Take off gloves and perform <a href="#">hand hygiene</a> before taking off gown.</li> </ul>

<sup>1</sup> Patients are all persons who receive or have requested healthcare or services. The terms “client” or “resident” may also be used, depending on the healthcare setting.






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	<ul style="list-style-type: none"> <li>Place used, disposable gowns in regular waste container, do not tear or rip to remove and perform <a href="#">hand hygiene</a>.</li> <li>Place washable gowns in linen bag dedicated to room and perform <a href="#">hand hygiene</a>.</li> </ul> <p>Refer to the AHS <a href="#">Donning</a> and <a href="#">Doffing</a> PPE posters for details on careful removal and disposal of gowns.</p>
	<h3>Personal protective equipment (PPE): Gloves</h3> <ul style="list-style-type: none"> <li>Wear non-sterile gloves to enter patient room or bed space.</li> <li>Put on gown first and then gloves <b>after</b>, cover gown cuffs.</li> <li>Gloves are single-use. Use only once, then dispose of immediately after use.</li> <li>Change gloves between care activities for the same patient (e.g., when moving from a contaminated body site to a clean body site).</li> <li>Sterile gloves are for sterile procedures.</li> <li>Never wear gloves outside a patient room or bed space unless transporting contaminated items.</li> <li>Remove damaged gloves as soon as possible and perform <a href="#">hand hygiene</a>.</li> <li>Never wash gloves or use ABHR while wearing gloves.</li> <li>Take off gloves and perform <a href="#">hand hygiene</a> before taking off gown.</li> <li>Discard used gloves in a waste container.</li> </ul> <p>Refer to the AHS <a href="#">Donning</a> and <a href="#">Doffing</a> PPE posters for details on careful removal and disposal of gloves.</p> <p>For more detailed information on glove use see: <a href="#">Glove Use and Selection</a>, or <a href="#">Proper Glove Use as part of Personal Protective Equipment</a>.</p>
 	<h3>Facial PPE: Masks/respirators and Eye Protection</h3> <ul style="list-style-type: none"> <li>Wear facial PPE to protect your mouth, nose and eyes.</li> <li>If you need a mask/respirator, you also need eye protection (e.g., goggles, face shields, visors attached to masks).</li> <li>All clinical and non-clinical healthcare workers who enter the room/space of or are within two metres of a patient with a suspected or confirmed viral respiratory infection (VRI) will wear a gown, gloves, eye protection and a mask/respirator. As per the <a href="https://www.albertahealthservices.ca/assets/news/nr/ne-nr-2020-03-27-joint-statement-covid-ppe.pdf">Joint Statement (https://www.albertahealthservices.ca/assets/news/nr/ne-nr-2020-03-27-joint-statement-covid-ppe.pdf)</a>: "There may be situations where a health care worker, based upon their PCRA or their assessment of all known and foreseeable risks and hazards, may choose to wear a medical mask instead of an N95 respirator."</li> <li>A fit-tested N95 respirator may be worn in non-AGMP situations as determined by an IPC RA.</li> </ul>





- A fit-tested N95 respirator may be worn when the rationale for contact and droplet precautions is unknown by staff entering the room.
- A fit-tested N95 respirator must be used for suspected or confirmed VRI when [Aerosol Generating Medical Procedures](#) are performed.

**Note:** All staff and physicians require fit-testing for an N95 respirator.

Perform [hand hygiene](#) before putting on and immediately after taking off facial PPE.

### Masks/Respirators



- Put on the mask/respirator before entering the patient's room or bedspace
  - Wear with the moisture-absorbing side closest to the face
  - Mold the metal bar over the nose
    - Mask: ensure a snug fit over the nose and under the chin
    - Respirator: ensure an airtight seal on the face, over top of the nose and under the chin
  - Don eye protection after mask/respirator
- Remove mask/respirator after leaving patient's room or bedspace by touching elastic or ties only
- Discard single-use masks/respirators in regular waste container.
- Leave the room or bedspace and change mask/respirator when it becomes moist
- Do not wear masks/respirators around the neck

### Eye protection



- Don eye protection after mask/respirator but before entering patient's room or bedspace
- Prescription glasses do not meet Workplace Health and Safety regulations for eye protection.
- Clean and disinfect re-useable eye protection after each use.
- Discard single-use eye protection in regular waste container.

Refer to the AHS [Donning](#) and [Doffing](#) PPE posters for details on careful removal and disposal of N95 respirators.



	<h3>Handling patient care items and equipment</h3> <ul style="list-style-type: none"> <li>• Use disposable patient equipment when possible.</li> <li>• Dedicate re-useable equipment for a single patient use only, until discharge (e.g., thermometers, blood pressure equipment).</li> <li>• If reusable equipment cannot be dedicated for a single patient use, clean and disinfect it between patients.             <ul style="list-style-type: none"> <li>○ Refer to manufacturer’s instructions for equipment specific cleaning information.</li> </ul> </li> <li>• Contact and Droplet Precaution rooms should contain a dedicated linen bag; double bag only if leaking.</li> <li>• Do not share toys, electronic games and books that cannot be cleaned and disinfected.</li> <li>• Clean and disinfect shared tubs and showers immediately after use as per AHS procedures.</li> <li>• Used meal trays and dishes do not require special handling. Place on the dietary cart or in an area designated for used dishes. Disposable dishes and utensils are not required.</li> <li>• After patients are discharged, transferred or contact precautions are discontinued, clean/disinfect reusable equipment, discard single-use supplies that remain and launder unused linens.</li> </ul>
	<h3>Patient ambulation outside room, bed space or transfer</h3> <ul style="list-style-type: none"> <li>• Patients should leave the room or bed space for essential purposes only, exceptions require IPC consultation.</li> <li>• Before patients leave their room, educate or assist them to:             <ul style="list-style-type: none"> <li>○ perform hand hygiene;</li> <li>○ put on clean clothing or hospital gown/housecoat;</li> <li>○ ensure dressings and incontinence products contain drainage;</li> <li>○ put on a procedure/surgical mask.</li> </ul> </li> <li>• Notify the receiving area, before departure, of the need for Contact and Droplet Precautions.</li> <li>• Transport staff should assess the risk of spreading infection and choose clean personal protective equipment (PPE) if necessary, to handle the patient during transport and at the transport destination, using <a href="#">Infection Prevention and Control Risk Assessment (IPC RA)</a>. PPE is to be removed when patient handling is complete.</li> <li>• Medical charts transported with the patient must be kept clean.</li> </ul>



	<h3>Environmental cleaning</h3> <ul style="list-style-type: none"> <li>• Room surfaces and equipment cleaning/disinfection is required daily or more frequently if directed by IPC using AHS-approved products and procedures.</li> <li>• After discharge, transfer or discontinuation of contact and droplet precautions, clean room as per existing facility cleaning practices.</li> <li>• Replace privacy curtains as <a href="#">recommended</a>.</li> </ul> <p>Additional precaution signs should not be removed until both patient’s personal hygiene and environmental cleaning have been completed.</p>
	<h3>Visitors</h3> <ul style="list-style-type: none"> <li>• Encourage visitors to perform <a href="#">hand hygiene</a>.</li> <li>• Instruct family or visitors masks and eye protection.</li> <li>• Instruct family or visitors how to put on and take off gown and gloves, if they are assisting with care (e.g., feeding, turning).</li> <li>• <a href="#">Contact and Droplet Isolation Precautions Family/Visitor information</a> is an additional resource for visitors.</li> <li>• Keep the number of visitors to a minimum.</li> </ul>

