

Stop the Spread of Germs



- You will be asked to put on a medical-grade mask (or exchange your cloth mask for a medical-grade mask).



- Clean all areas and surfaces of your hands with soap and water or hand sanitizer.



Any time you are not wearing a mask:

- Cough or sneeze into a paper tissue.
- Discard your tissue into a bin.
- Clean your hands.
- Where you are unable to clean your hands or don't have a paper tissue available, cough or sneeze into your elbow.



Clean Your Hands:

Before:

- Entering and/or exiting a clinic or healthcare setting.
- Eating or drinking.
- Putting on and taking off your mask.

Before/After:

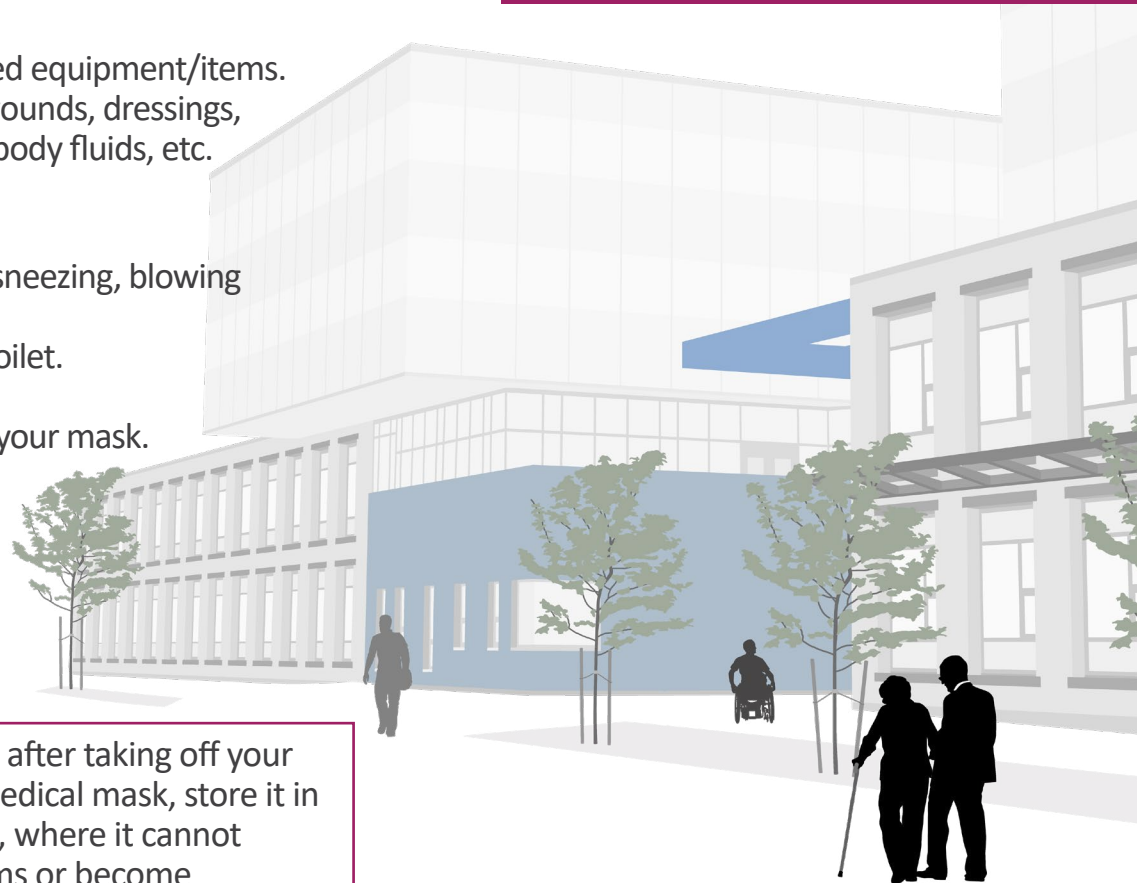
- Using shared equipment/items.
- Touching wounds, dressings, blood and body fluids, etc.

After:

- Coughing, sneezing, blowing your nose.
- Using the toilet.
- Driving.
- Discarding your mask.

Remember, after taking off your own non-medical mask, store it in its own bag, where it cannot spread germs or become contaminated.

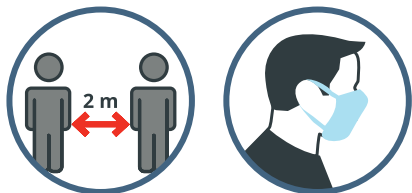
Keeping Yourself and Others Safe While You are in the Hospital



Keeping Everyone Safe

To limit the spread of infection and keep everyone safe, we are:

- Screening all patients and visitors coming into the building, for symptoms of COVID-19.
- Limiting visitation and restricting the movement of people within the building.
- Providing you with a medical-grade mask to wear while you are in public areas of the hospital.
- Using increased, thorough cleaning and disinfection procedures.
- Having the Care Team wear masks in all care areas at all times.
- Having the Care Team wear personal protective equipment (masks, visors, gowns and gloves) in certain situations.



We are asking everyone to do things a little differently

This may include:

- Asking you to clean your hands more often.
- Encouraging physical distancing (stay 2 m away from others).
- Asking you to wear a medical-grade mask.
- Restricting your movement within the building.

If you have an infection or are being investigated for certain types of infections, you may be placed on “Additional Precautions” or isolation, and we may ask you to isolate in your room or limit your movement in the building.

Please follow the direction of your Care Team.

If you have a fever, cough, runny nose, sore throat, diarrhea or other symptoms of COVID-19, please let your Care Team know as soon as possible.

Safely Leaving Your Hospital Room

Ask your Care Team if it is okay for you to leave your room or the unit.

If you leave your room:

Wash your hands with soap and water, or use hand sanitizer, before leaving your room and when you come back to your room.

Put on a medical-grade mask.

Follow physical distancing guidelines, staying 2m away from others.

Make sure your clothes are clean.

Let your Care Team know if your dressings or other items are leaking or need to be changed.

If you have diarrhea or vomiting, please stay on the unit and avoid using public washrooms.

You must be medically stable enough to leave your room and be able to follow your healthcare providers' directions.

