



Contact Precautions Patient Information

Everyone has germs. Most of them are harmless, some are helpful. A few germs, however, can make you sick. At UCSF Medical Center and Children's Hospital, our goal is to protect our patients, their families and visitors from germs that might make them sick. In the hospital, precautions are used as a way of stopping the spread of germs from one person to another. This page should help answer questions you/your family may have.

? What are "Contact Precautions"?

You have been placed on "Contact Precautions" because you have (or may have) germs in or on your body that can be harmful to other people. These germs are spread when people touch you or your environment, or when you touch others.

? What will the hospital staff do?

- Clean their hands frequently
- Put a **GREEN** "STOP" sign on your door to let staff entering your room know what to do.
- Wear gloves when entering your room and gowns when they may contact you or your environment.

? What can I do to help?

- **Clean your hands often.**
- Be sure visitors entering your room have read the sign on your door.
- Limit your visitors to a few family members or close friends.

? What should my visitors do?

- **Clean their hands upon entering and exiting your room.**
- Avoid contact with your dressings, urine bag, tubes, or bed sheets, etc.
- Go to the nurse's station if they have any questions.

Because your visitors don't go into the rooms of other patients, they don't need to wear gowns & gloves while visiting you!

? How do I clean my hands correctly?

Use soap and water:

- Wet hands with warm water
- Dispense one measure of soap into palm.
- Work up lather by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers.
- Rinse hands thoroughly
- Dry hands with paper towel.
- Use a towel to turn off faucet.
- Discard towel in the trash container.

Use Alcohol Gel:

- Dispense one measure of gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, about 15 – 20 seconds.
- **If you have *C. difficile*, soap and water hand cleaning is recommended,**

It is okay to remind our staff to clean their hands!