

# Contact Precautions for Patients & Visitors

Everyone has germs. Most of them are harmless, some are helpful. A few germs, however, can make you sick. 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 in “Contact Precautions” because you may have germs living on your skin or in your body that can be harmful to other people. These germs are spread to other people by touch and can also be picked up when people touch surfaces and equipment around you.

## **What will the hospital staff do?**

- Clean their hands frequently with hand sanitizer or washing with soap and water.
- Put a “Contact Precaution” sign on your door to let people entering your room know what to do.
- Wear a gown and gloves when entering your room.
- Place gowns and gloves outside your door for use by all staff and visitors.

## **What can a patient do to help?**

- Clean your hands often, especially after coughing and sneezing.
- Be sure visitors entering your room have read the sign on your door.
- Leave the room only when medically necessary and make sure you clean your hands and wear a clean gown whenever you do.
- 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.
- Put on a gown and gloves before entering the room and keep them on while inside.
- Remove gowns and gloves before leaving room.

**IT IS OKAY TO REMIND OUR STAFF TO CLEAN THEIR HANDS!**

## **Department of Infection Prevention:**

Good Samaritan Regional Medical Center: x5881 or x6966

Samaritan Albany General Hospital: x4308

Samaritan Lebanon Community Hospital: x7084

Samaritan North Lincoln Hospital: x7222

Samaritan Pacific Communities Hospital: x4760



Samaritan  
Health Services