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Infection Prevention and Control Tips for Visiting All Health Care Settings

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Learning Objectives

By the end of this presentation, you will:

- Know why Infection Prevention and Control (IPAC) is important when visiting a care setting.
- Be able to use basic Infection Prevention and Control practices to keep yourself, those you are visiting, and others safe from germs that can make you sick.



What Is Infection Prevention and Control (IPAC)?

Things we can do to stop or lessen **the risk of spreading harmful germs** (infections that can make you sick) from person to person.





Examples of IPAC Practices (1 of 2)

Cleaning Your Hands



Personal Protective Equipment (PPE)



Screening





Examples of IPAC Practices (2 of 2)

Getting Vaccinated



Staying Informed



Other Important Practices





Cleaning Your Hands

Why is Cleaning Your Hands Important?

- Keeps your hands clean, healthy, and germ-free
- Protects yourself and others from harmful germs
- Important for **everyone!**





When Should You Clean Your Hands? (1 of 2)

Before entering and after leaving building



Before entering and after leaving bed space



Before and after providing care





When Should You Clean Your Hands? (2 of 2)

Before and after touching your face



When your hands are visibly dirty



Before and after personal care



When Should You Clean Your Hands?

- Gloves **do not** replace cleaning your hands.
- **Always** clean your hands before and after using PPE, including gloves.





How Can You Clean and Protect Your Hands?

Using soap and running water



Using Alcohol-Based Hand Rub (ABHR)



Moisturize Your Hands





Personal Protective Equipment

What is Personal Protective Equipment (PPE)?

- Provides barrier against harmful germs
- Protects eyes, nose, mouth, skin
- May be required when visiting a person in a health care setting



Always check with the setting about specific PPE requirements





What are the Different Types of PPE for? (1 of 2)

Medical Masks

- Protect your nose and mouth from harmful germs
- Protects others from your germs (universal masking)



Gloves

- Protects yours hands from germs



What are the Different Types of PPE for? (2 of 2)



Gowns

- Protects your clothes and skin from harmful germs

Eye Protection

- Protects your eyes and face from harmful germs
- Goggles, face shield, visor





How Do I Use PPE Correctly?

Putting on, wearing, taking off PPE must be done **correctly** and in a **specific order**.



Check out the resources to learn more





Screening



What is Screening?

Reading a list of health questions



Being asked health questions directly



Having a lab test, such as a swab





How do I Self-Screen Before Visiting?

Check for symptoms of infection, such as:

- Coughing
- Sore throat
- Fever
- Nausea
- Vomiting
- Diarrhea



If you are feeling unwell,
do not visit.

What Happens If Someone Screens Positive?



Those Receiving Care

- May be moved to a single room
- May be asked to stay in their room
- May need to wear PPE to have visitors

Visitors

- May be asked not to visit, or reschedule
- May require PPE to visit



Getting Vaccinated

How Can Getting Vaccinated Keep Me and Others Safe?



- Safe and helpful way to boost your body's ability to fight infections
- Available for infections such as:
 - Measles
 - The Flu (Influenza)
 - Hepatitis
 - COVID-19



How Do I Protect Those at Higher Risk of Getting an Infection?



People with a weak immune system may include:

- People getting cancer treatment
- People with a disease (HIV, diabetes)
- Elderly people



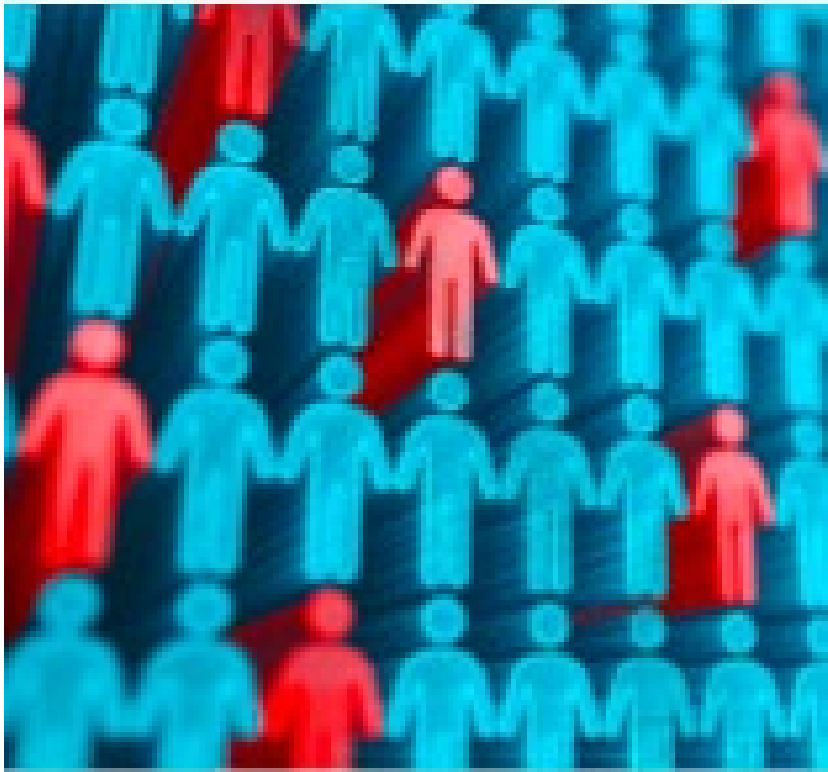
Get your vaccines before visiting someone with a weak immune system



Staying Informed



How Can I Stay Informed Before I Visit?



- Learn about safety practices that may affect your visit
- Find out what to do if there is an outbreak
- Look out for messages from the setting, talk to staff, check their website
- Get up-to-date information from:
 - Your Local Public Health Unit
 - Public Health Ontario
 - The Government of Ontario



Other Important Practices



Are there Other Best Practices I Should Follow When I Visit?

Do

- ✓ Keep at least 2 meters (6 feet) from others
- ✓ Follow all instructions from the care setting about the use of PPE and cleaning your hands
- ✓ Check with staff if you have questions

Do Not

- ✗ Bring items that you do not need while visiting
- ✗ Provide care to anyone other than who you are visiting
- ✗ Share items or food with other patients, residents, staff, or other visitors
- ✗ Visit if you are feeling sick



Resources

Public Health Ontario

- Ontario Agency for Health Protection and Promotion (Public Health Ontario). How to hand rub [video recording]. Toronto, ON: Queen's Printer for Ontario; 2021 [cited 2022 Dec 28]. 1 min. Available from: <https://www.publichealthontario.ca/en/Videos/I/2020/IPAC-Handrub>
- Ontario Agency for Health Protection and Promotion (Public Health Ontario). How to hand wash [video recording]. Toronto, ON: Queen's Printer for Ontario; 2021 [cited 2022 Dec 28]. 2 min. Available from: <https://www.publichealthontario.ca/en/Videos/I/2021/IPAC-Handwash>
- Ontario Agency for Health Protection and Promotion (Public Health Ontario). How to hand wash [Internet]. Toronto, ON: Queen's Printer for Ontario; 2009 [cited 2022 Dec 28]. Available from: https://www.publichealthontario.ca/-/media/Documents/J/2009/jcyh-handwash.pdf?rev=856d221523314b2495b5f49b31360c3c&sc_lang=en
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Resources (cont'd)

- Ontario Agency for Health Protection and Promotion (Public Health Ontario). Putting on PPE [video recording]. Toronto, ON: Queen's Printer for Ontario; 2021 [cited 2022 Dec 28]. Available from: <https://www.youtube.com/watch?v=NvrJIOP-abo>
- Ontario Agency for Health Protection and Promotion (Public Health Ontario). Taking off PPE [video recording]. Toronto, ON: Queen's Printer for Ontario; 2021 [cited 2022 Dec 28]. Available from: <https://www.youtube.com/watch?v=Go3u37-dRB4>
- Ontario Agency for Health Protection and Promotion (Public Health Ontario). Putting on and taking off PPE [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2022 Dec 28]. Available from: https://www.publichealthontario.ca/-/media/Documents/nCoV/ipac/ppe-recommended-steps.pdf?rev=dd50016544ee4482a6afacd8b374dee7&sc_lang=en



For More Information About This Presentation

Email us at:

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Don't forget to check out the resources below this presentation.

Public Health Ontario keeps Ontarians safe and healthy. Find out more at **[PublicHealthOntario.ca](https://www.ontario.ca/health)**