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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


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