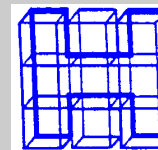




Did You Know?

- Hand hygiene is the single most important way to prevent the spread of infection
- One in six patients admitted to Canadian hospitals acquire Health Care Associated Infections
- 220,000 incidents (infections) were reported last year, leading to 8,000 deaths
- Health Care Associated Infections are the 4th leading cause of death in Canada, following cancer, heart disease and stroke
- An increase in hand hygiene compliance of 20% equals a 40% decrease in Health Care Associated Infections

**Do your part
"Just Clean Your Hands"**



How to Protect Yourself, Your Family and Friends from Hospital-Acquired Infections



Information for Visitors to
Lake of the Woods District Hospital



How to protect yourself, your family and your friends from hospital-acquired infections

1. Get your flu shot every year.
2. Decide if it is safe for you and your children to visit the hospital. To do this, "screen" yourself for illness by answering the following questions:

if you answer "YES" to any one of the following questions, please Do Not visit our hospital.

I have:

1. a new cough
2. a fever
3. shortness of breath (worse than my usual)
4. severe headache (worse than my usual)
5. muscle aches
6. extreme fatigue or feel very tired
7. vomiting (throwing up)
8. diarrhea

Please try not to bring small children under the age of 8 years old to the hospital. This is because:

- There is a risk that young children may catch serious infections while visiting the hospital
- Young children may not be able to follow our infection control instructions
- Young children may have colds and other infections that could easily pass on to our patients

Once you arrive at our hospital

To help protect everyone from hospital-acquired infections, there are a few things you should remember when you get to our hospital:

- When you enter the hospital, please stop and wash your hands using the hand hygiene stations at the entrance of the hospital or at the entrance of each patient room
- No more than 2 people should visit a patient at one time.
- Wash your hands **before and after** leaving a patient room.
- Follow any infection control instructions for the person you are visiting. If you are not sure what to do, please ask a nurse.
- If you have to bring small children to the hospital, please:
 1. make sure that they follow all infection control instructions, such as hand hygiene;
 2. make sure that they are not feeling sick;
 3. make sure that an adult is with them at all times.
- Do not use the washrooms in a patient room
- Please ask the nursing staff before sending live plants or cut flowers to a patient. Plants and flowers carry bacteria and fungi that may cause serious infections in some patients.

Why is LWDH concerned about hospital-acquired infections?

At the Lake of the Woods District Hospital we know that some infections can, unfortunately, be picked up from the hospital environment, while some infections, such as the flu can be picked up from hospital staff and visitors. **The LWDH wants to make sure that all of our patients are protected from infections that might be passed on while in hospital.**

What does LWDH do to protect our patients, staff, family members and friends?

1. The LWDH makes sure that all areas of the hospital, especially patient-care areas, are cleaned and disinfected regularly.
2. The LWDH Infection Prevention and Control Committee stresses how important it is that everyone follows infection control guidelines, including good hand hygiene practices. The committee also has a number of other strategies to stop or reduce hospital-acquired infections, such as patient screening.
3. All hospital staff are monitored by the staff health department. Staff health watches for infectious diseases such as "the flu" and other illnesses that can spread easily in hospital. The staff health department also ensures that staff who are sick stay home until they are better and gives vaccinations, such as the annual "flu shot" for all staff.

How should I sneeze or cough to reduce the spread of disease and germs?

Follow these tips to reduce the spread of colds and other germs:

- Cover your mouth with a tissue and dispose of it, then wash your hands immediately afterward.
- Sometimes a cough or sneeze sneaks up on you. If you don't have a tissue available, the most effective method is to use your sleeve in the crook of your arm.
- The germs will become trapped in the fabric and prevents them from being spread to others.
- Teach your children and others the proper way to cough and sneeze and we'll all be healthier for it!

Other things you can do to help

The LWDH and our Infection Prevention and Control Committee wish to thank you for your help to protect our patients, your loved ones and your children from hospital-acquired infections. It is important that we all work together. Please feel free to contact the Infection Prevention and Control Practitioner Ironnebeck@lwdh.on.ca or at ext 2362.