



If you have questions about what to do during an outbreak or the status of your loved one please speak to one of the nursing staff.

Let's all work together to keep everyone healthy.



Grey Bruce Health Unit

Infectious Diseases Program

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OUTBREAKS

WHAT YOU NEED TO KNOW
TO PROTECT YOURSELF
AND YOUR LOVED ONE

Information for Patients and Visitors to
the Hospital



WHAT YOU NEED TO KNOW AND WHY?

Outbreaks in a Hospital can disrupt the lives of inpatients, visitors and staff.

Measures are put into place to prevent the spread of the illness, especially among patients who may be more likely to get sick. If the spread of the illness is decreased, the outbreak will be over sooner.

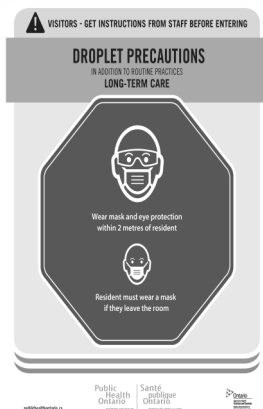
WHAT IS AN OUTBREAK?

An outbreak is a sudden increase of illness among patients and staff. There are 2 (two) common types of outbreaks in health care facilities:

1. Respiratory Infection
2. Gastrointestinal or enteric infections (vomiting and/or diarrhea)

WHAT HAPPENS DURING AN OUTBREAK?

Hospitals put control measures in place to decrease the spread of illness to other patients and staff. Hospitals consult with Public Health during this time. Public Health gives the hospital an outbreak number, so that staff can collect specimens for laboratory testing.



CONTROL MEASURES INCLUDE:

- Ill patients will be asked to stay in their rooms.
- If possible the same staff will care for those who are ill.
- No group activities.
- Increased housekeeping /cleaning.
- Importance of hand hygiene.
- Visitors may be limited.
- Transfers / New admissions are not generally permitted.

YOU MAY BE ASKED TO:

1. Visit your family member or friend in their room .
2. Visit **ONLY** one patient and leave immediately afterwards. If visiting more than one patient, visit the healthy patient first. Please do not mingle with other patients within the hospital.
3. Wash your hands with alcohol based hand rub (ABHR).
Before Entering and Exiting the building
Before and After you visit your family member or friend.

4. Personal Protective Equipment (PPE)

PPE is a barrier used to protect you and your family member or friend from illness.

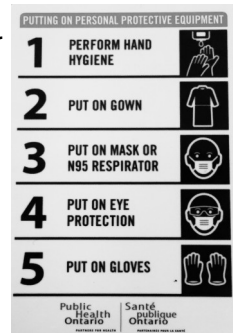
You may be asked to wear some or all of the listed PPE, depending on the type and status of the outbreak.

- Gloves, Gowns, Mask, Goggles

PPE is single use, so use it once and then discard it!

The hospital will provide both signage and PPE.

Do not leave the patient room with PPE on.



HOW TO PREVENT ILLNESS?

- Stay home if you are feeling ill
- Wash your hands often (soap and water, or ABHR)
- Help protect your family and friends by getting a **flu shot** every year.
- Limit the foods you bring to the facility. Spoiled food at the bedside can cause illness.

NOTIFICATION OF AN OUTBREAK

- Signage at the entrance to the building and /or unit
- GBHU website "Check It!": www.publichealthgreybruce.on.ca