

## How you can support our commitment to putting patients first!

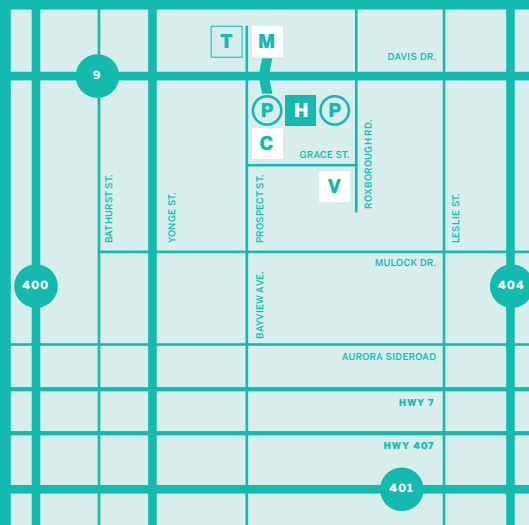
Hand hygiene is the single most important way to prevent the spread of germs.

- Wash hands before and after eating, after using the toilet, after blowing your nose, and when your hands become visibly soiled.
- Family and friends who visit you should also wash/disinfect hands before and after visiting you. Sanitizer dispensers are available throughout the hospital.
- Remind your health care provider to clean their hands before caring for you.
- If visitors have respiratory symptoms (fever, cough, shortness of breath) and/or gastrointestinal illness (vomiting, diarrhea), they should avoid coming to the hospital until their symptoms have resolved.
- All children should be supervised closely while in hospital.
- If you have a known or previous infection of MRSA, VRE, CPE, C. auris, or C.difficile, please report it to your nurse.
- If you are placed on precautions, ask everyone who comes in to follow the requirements for your precautions.

### Questions/comments:

Should you require specific information about your precautions, hand hygiene, or general infection prevention and control concerns, please ask your nurse to contact Infection Prevention and Control and a member of the team would be happy to answer your questions and concerns.

## How To Find Us



- V** Southlake Village, 640 Grace Street
- M** Medical Arts Building, 581 Davis Drive  
Southlake Health Foundation, 581 Davis Drive
- H** Southlake Health
- C** Stronach Regional Cancer Centre
- T** The Tannery Mall, 465 Davis Drive
- P** Parking
- Bridge over Davis Drive – accessible from P3 of the Parking Garage and Level 3 of the Medical Arts Building.

### For more information contact:

#### Infection Prevention and Control Southlake Health

Tel: 905-895-4521, ext. 7116  
596 Davis Drive  
Newmarket, ON L3Y 2P9  
[southlake.ca](http://southlake.ca)



# Infection Prevention and Control



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## What is Infection Prevention and Control?

Infection Prevention & Control consists of evidence based practices used to prevent or reduce the risk of spreading Healthcare Associated Infections (HAIs) to patients, staff and visitors.

## Why is prevention so important?

Prevention is important since HAIs can prolong your hospital stay and lead to additional illnesses.

## How do healthcare associated infections happen?

Everyone has germs. The risk of infection is always present since germs are everywhere. Most of these infections are caused by a patient's own germs that can make you sick when your immune system is already weak. You may also pick up germs from contact with other people and contaminated objects. There are a number of ways to prevent the spread of germs such as cleaning your hands and admission swabbing.

## What are admission swabs?

Upon admission, we will gently obtain a swab from your rectum and from both nostrils using a cotton swab. We are looking for germs that may be contagious (i.e. MRSA, VRE, & CPE).

## What happens if you find germs on my swab?

If germs are found on the swab, it does not necessarily mean you are sick (infected) with this germ. You may not feel any different but precautions will be taken to prevent the spread of the germ to other patients, as the germ can be harmful to patients who are already sick.

Your healthcare provider or an Infection Control Practitioner (ICP) will explain the precautions you and your visitors must follow while you are a patient in the hospital.

We can provide you with information sheets to answer any questions you may have. Feel free to ask your nurse to call the ICP if you or your visitors have more questions or concerns.

## What is screening?

Screening helps prevent the spread of infections to our patients and staff.

All patients of Southlake will be asked about recent travel history, previous hospitalizations, as well as signs of respiratory illness (fever, cough, and shortness of breath) and gastrointestinal illness (vomiting and diarrhea).

Visitors are asked to self-screen. Visitors experiencing symptoms of respiratory or gastrointestinal illness should avoid coming to the hospital until their symptoms have resolved.

