

How you can help prevent the spread of germs

A guideline for visitors

Visitors are important to our patients and residents. To ensure the well-being of all patients, visitors and staff, we ask you to follow these guidelines to help reduce the spread of germs at St. Joseph's Health Care London:

- Wash your hands before entering a patient's room, when leaving the room and at the end of your visit. Alcohol-based hand rubs are available throughout the building in dispensers with big red buttons. Cover your hands and rub for 15 seconds.
- Do not sit, or put your feet, on hospital beds or chairs that are covered with sheets or blankets. Linens are easily contaminated.
- Do not use the patient's washroom. Use a visitor washroom.
- To avoid getting germs on linens or supplies ask staff for new ones if needed.
- Do not visit if you have a fever, cough, diarrhea, or are feeling unwell.
- Make sure your hands are clean before and after you touch your loved one.
- Try to limit your visit to one patient at a time. If you must visit more than one patient, clean your hands between each visit.

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



sjhc.london.on.ca