Respiratory Reminders

During respiratory virus seasons, there are increased cases of respiratory symptoms and illness in Lambton County. Those who have been experiencing cold/flu-like symptoms that have been admitted to Bluewater Health will be managed with special precautions to prevent the spread of viruses.

These precautions include:

- A sign for "Droplet & Contact Precautions" placed on the door outside the room to remind everyone who enters the room about the special precautions;

- Curtains pulled around the ill person's bed;

- Within two meters of the ill person, everyone must wear masks with eye protection and when providing care, they will also wear gowns and gloves; and

- These extra steps will last for a minimum of five days after the start of symptoms. This is the typical length of time someone will be contagious.

What Else Staff Will Do to Protect You

- Universal masking will be put into effect for all staff during respiratory seasons;
- Staff will screen you for symptoms of respiratory illnesses on admission and every day during your stay;
- Staff must clean hands immediately after taking off protective clothing and between patients; and
- Environmental Services will regularly clean and disinfect all patient care areas.

What You Can Do to Protect Yourself

- You will be required to wear a mask when outside your room or while visiting Bluewater Health.
- Just Clean Your Hands! – Hand hygiene is key in preventing the spread of respiratory viruses (20 seconds with alcohol-based hand rub or 20 seconds with soap and water are both effective).
- Please clean your hands often and ask for help to clean your hands if needed:
  - After using the bathroom, after blowing your nose, before eating and drinking, before and after you touch your dressing or wounds, when your hands are visibly dirty and before you leave your room or after entering your room.
- Our staff welcomes reminders to clean our hands. We invite you to ask anyone who enters your room to clean their hands before and after they touch you.