

# Droplet Precautions Fact Sheet

## What are Droplet Precautions?

Germes are spread by large droplets that are produced when a person coughs or sneezes. These droplets travel a short distance through the air and settle in the eyes, nose or mouth of another person. Droplets can travel 2 metres (6 feet) or less in distance and can settle on surfaces. This is called droplet transmission.

Droplet Precautions help stop the spread of germs carried by droplet transmission.

## What procedures are used for Droplet Precautions?

- Within a health care facility, the client may be given a private room. The door can be kept open. If the client is not placed in a private room, the curtain may be drawn around the bed
- A sign will be placed on the door or cubicle curtain to let everyone know the special precautions required
- Staff will wear facial protection (masks and eye protection) when they are within 2 metres (6 feet) of the client
- The client should be out of the room or home for medically essential purposes only
- Before entering or leaving the room or home, all staff, clients and visitors should perform hand hygiene using hand sanitizer or using soap and water (if hands are visibly dirty)

## What can clients do to help?

- When in a health care facility, stay in the room unless staff has approved leaving the room. If leaving the room, follow these directions:
  - ◆ Put on a mask before leaving the room or home and keep it on at all times
- Cover nose and mouth with a tissue when coughing or sneezing, and throw the tissue away in a wastebasket



## **What can clients do to help?**

- Perform hand hygiene using hand sanitizer or use soap and water (if hands are visibly dirty):
  - ◆ Before leaving the room or home
  - ◆ After blowing nose, coughing or sneezing
  - ◆ After going to the bathroom
  - ◆ Before and after eating

## **What can visitors do to help?**

- When visiting a health care facility, read the sign on the door and speak to staff before entering the room. Staff will tell visitors if facial protection (masks and eye protection) is necessary while in the room
- Perform hand hygiene using hand sanitizer or use soap and water (if hands are visibly dirty):
  - ◆ When entering or leaving the room or home
  - ◆ Before putting on facial protection (if required)
- Visitors should be limited to family members or close friends

**Ask the nurse if there are any questions**