Contact Precautions



Transmission-based precautions help prevent the spread of certain infections. Contact precautions are one type of transmission-based precaution. Always use contact precautions in addition to standard precautions. Some diseases that require contact precautions may also require airborne precautions or droplet precautions.

WHEN TO USE CONTACT PRECAUTIONS

Most germs are spread by direct or indirect contact with an infected or colonized person. Germs are often spread on hands. They can also be spread by patient care equipment and other objects. Use contact precautions with patients known to have or suspected of having certain infections as outlined by your facility, including:

- Scabies, impetigo, and other skin infections
- Respiratory Syncytial Virus (RSV)
- Clostridium Difficile Infection
- Multidrug-resistant organisms, such as Methicillin- resistant Staphylococcus Aureus (MRSA).

PREVENTING CONTAMINATION

Hands, patient care equipment, and other objects can spread infection if germs touch them. Use these steps to help prevent infection from spreading:

- The infected patient should have his or her own patient care equipment (including stethoscope, blood pressure cuff, thermometer, and commode).
- If a patient on contact precautions must be in a room with another patient, draw the privacy curtain between beds to minimize contact.
- Put on gloves and a gown before entering the room.
- Do not touch objects, surfaces, or the patient with contaminated gloves or other contaminated objects.
- Change gloves and wash your hands between procedures if your gloves have touched body fluids or substances.
- Rooms with patients on contact precautions should be cleaned and disinfected at least daily, with a focus on frequently touched surfaces and surfaces in close proximity to the patient. Cleaning materials and EPA registered disinfectants should be discarded after use. Cleaning of the

room should include the removal and replacement of bedside cubicle curtains.
- Help patients wash their hands as often as possible.
- Have family members and other visitors wear a gown and gloves.
- Remove your gloves and other PPE before leaving the room. Wash your hands. Use clean paper towels to turn off the faucet and open doors.