



Look for posters with this logo on the care units



**Jeffery Hale  
Saint Brigid's**

Une communauté de soins  
A Community of Care

## Visiting your loved ones

When one or more residents in a care unit gets a contagious illness, visits may be limited over a period of time. In addition, we will put extra precautions in place over and above the basic rules of hygiene.

### Preventive measures...

- Wash your hands more often;
- Respect the extra precautions in place;
- Check in at the nursing station to find out about these extra precautions before you go into the resident's room;
- Limit the number of visitors at the same time, and do not bring children to visit;
- Leave pets at home;
- Help ensure that the resident who is ill stays in their room.

Furthermore, in the event that many residents fall ill from the same illness, all the residents in that care unit must stay in the unit and this until five days after the last reported case.

## Quality, safety, compassion

Building on a strong community tradition of caring, Jeffery Hale – Saint Brigid's is a dynamic, bilingual institution committed to quality, safety and compassion.

Our services include:

- Emergency
- Diagnostic services
- Geriatric care
- Community services (CLSC-type services in English)



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## Infection control



Important facts  
for families,  
volunteers and  
visitors



**Quality • Safety • Compassion**



## With your health in mind

At Jeffery Hale – Saint Brigid’s, we are always thinking about ways to stop infections in their tracks, but we need your help too.

This brochure presents the ABCs of infection control and gives you tips on how you can do your part to help keep older adults healthy.

Seniors living in a long-term care home are more likely to get an infection because:

- their immune system is weaker
- they depend on others for care
- they don’t move around as much
- they take more medications, etc.

## How infections spread

Infections travel from one person to another in the form of bacteria and viruses. There are several ways that people can get an infection, the most common being:

- Direct contact: shaking hands, or touching things like a doorknob, elevator button, stair railing, tap, telephone, etc.
- In the air: coughs and sneezes
- Sharing objects: Games, puzzles, etc.
- Insect bites (West Nile virus), etc.

## Basic rules of hygiene

It is impossible to get rid of all sources of infections, but there are many ways to reduce the risk they pose. The best way to stop infections from spreading is to follow these basic rules of hygiene:

- Wash your hands when entering or leaving the building or your loved one’s room
- Sneeze and cough into your sleeve or a tissue
- Wear a mask if you have a cough
- Stay home if you are sick. (You are always welcome to call us for news about your loved one)

Together, we can reduce the risk of infection.

**Don’t forget: Washing your hands is the very best way to stop the spread of infection.**