**Hand washing**
The most important measure to prevent the infection from spreading:
- before and after any contact with a patient;
- after any contact with blood, biological fluids, secretions, excretions, or contaminated or soiled surfaces, objects and material;
- between interventions with the same patient;
- immediately after removing gloves;
- after blowing your nose or going to the toilet.
Washing time: 15 to 30 seconds.

**Gloves**
Measure intended to avoid any contact with blood, biological fluids, secretions, excretions:
- make sure to change them before and after each patient by removing them IMMEDIATELY and disposing of them;
> Gloves are not a substitute for hand washing.

**Gown**
Measure indicated if there is a risk of soiling of the skin and clothing by blood, biological fluids, secretions or excretions, etc.
- make sure to change it between each patient.
**Regular mask**
Measure intended to protect, when necessary, the mucous membranes of the mouth, nose and, with the addition of a visor, of the eyes in the case of splattering of blood, biological fluids, secretions or excretions:
- use only once and dispose of it after use.

**Room**
Measure intended to prevent the risks of environmental contamination due to a problem of patient incontinence, deficient hygiene or oozing from wounds not contained by bandages:
- place the patient in a single-bed room.

**Sharp objects**
Measure intended to avoid injuries by contaminated material:
- handle pointed or sharp-edged objects with care (needles, lancet blades, etc.);
- don’t put a used needle back in its sheath;
- dispose of the material in the specific containers.

**Care material**
Measure intended to prevent the transmission of infection:
- disinfect or sterilize reusable material before and after each patient;
- see the waste management policy in force in the institution for single-use objects that are not pointed or sharp-edged.
**Linen (bedding)**
Measure intended to prevent the transmission of infection:
- handle soiled bedding without sudden movements to avoid the dispersion of particles;
- deposit in a leakproof bag;
- place the bag in a 2nd bag if any liquid leaks.

**Housekeeping**
Measure intended to prevent the transmission of infection:
- see to daily housekeeping of the room (furniture, bathroom and floor) with use of a germicide;
- disinfect the room when the patient leaves according to the established procedure.
**EXTRAORDINARY PRECAUTIONS**

<table>
<thead>
<tr>
<th>Room</th>
<th>Special high-filtration mask and protective visor</th>
<th>Gown</th>
<th>Care material</th>
</tr>
</thead>
<tbody>
<tr>
<td>single-bed room;</td>
<td>BEFORE entering the room, put on a protective visor and a mask;</td>
<td>BEFORE entering the room, put on a long-sleeved gown;</td>
<td>reserve for the patient’s exclusive use; or disinfect after use with a germicide.</td>
</tr>
<tr>
<td>negative pressure</td>
<td>remove them OUTSIDE the room.</td>
<td>remove BEFORE leaving the room.</td>
<td></td>
</tr>
<tr>
<td>ventilation system;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>door always closed.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Gloves**
- BEFORE entering the room, put on gloves;
- ensure that the gloves cover the wrists of the gown;
- remove them BEFORE leaving the room.

**Hand washing with antiseptic gel**
- AFTER removing the gloves;
- AFTER any contact with contaminated material.

*Expression used at the CHUM-Hôpital Saint-Luc.*
Traffic outside the room

Patient
BEFORE leaving the room:
■ put on a regular mask;
■ wash hands.

Stretcher bearer
BEFORE entering the room:
■ cover the chair or the stretcher with a sheet;
■ insert the patient’s chart in a protective bag;
■ put on a protective visor and a high-filtration mask;
■ put on a gown and gloves.
BEFORE leaving the room:
■ dispose of the gown and gloves.
OUTSIDE the room:
■ dispose of the protective visor and mask.
AFTER transport:
■ deposit the sheet in the room’s laundry bag;
■ wash hands with antiseptic gel.

Cleaning and disinfecting the room after the patient leaves

Housekeeping service
■ wait 6 hours (door closed) BEFORE disinfecting the room; less time for a negative pressure room;
■ put on a gown and gloves;
■ use a germicide;
■ clean all the surfaces thoroughly;
■ change the separator curtains;
■ do not re-use the same material to disinfect another room.

NO VISITORS: go to the nursing station for more information
Severe Acute Respiratory Syndrome

**Causal micro-organism:**
- new type of *Coronavirus*.
  This *Coronavirus* appeared in November 2002 in southern China and spread very quickly in 26 countries, including Canada, in 2003.

**Clinical picture:**
- fever, shivering, cough, shortness of breath, respiratory difficulties, headaches, muscle pains, diarrhea, etc.

**Mode of transmission:**
- by projection of droplets;
- by air (possible);
- by direct and indirect contact.

*Extremely contagious disease which particularly affects health-care staff.*

**Infectious material:**
- respiratory secretions;
- stools;
- other biological fluids.

*Some cases may evolve into severe pneumonia or respiratory failure which can be fatal.*
PRECAUTIONS: EXTRAORDINARY* (see p. 34-35)

- until the disease disappears

- See the recommendations of the Ministerial Committee on precautionary measures against SARS (Comité ministériel sur les mesures de précaution contre le SRAS).

- One-bed room
- Negative pressure
- Door closed
- Single-use material or disinfection after each use
- Special high-filtration mask with protective visor or with PAPR**
- Long-sleeved gown required
- Gloves required
- Wash with antiseptic gel

* Expression used at the CHUM-Hôpital Saint-Luc.

** PAPR: powered air purifying respirator providing superior protection during procedures at high risk of producing aerosols (intubation, bronchoscopy, etc.).