

Gloves, Gowns and Masks.

- Infections can be spread by touching contaminated surfaces and then touching your eyes, nose or mouth.
- Germs that cause diseases can also be spread through the air in respiratory droplets when you cough or sneeze.
- Contact with body fluids such as urine, feces, blood and saliva can also spread disease.

For these reasons, you may be asked to wear gowns, gloves and masks on occasion to protect yourself and the people with whom you have contact.

Other things you can do...

Get your free flu shot each year.



- If you are over 65, consider being immunized against pneumonia. It's free!
- Have your booster shot against tetanus and diphtheria every 10 years.
- Know your tuberculosis status. See your doctor for a simple skin test to determine if you have been exposed to the tuberculosis bacteria.

THANK YOU

for helping to protect the health of residents.

If you have any questions about these recommendations please call:

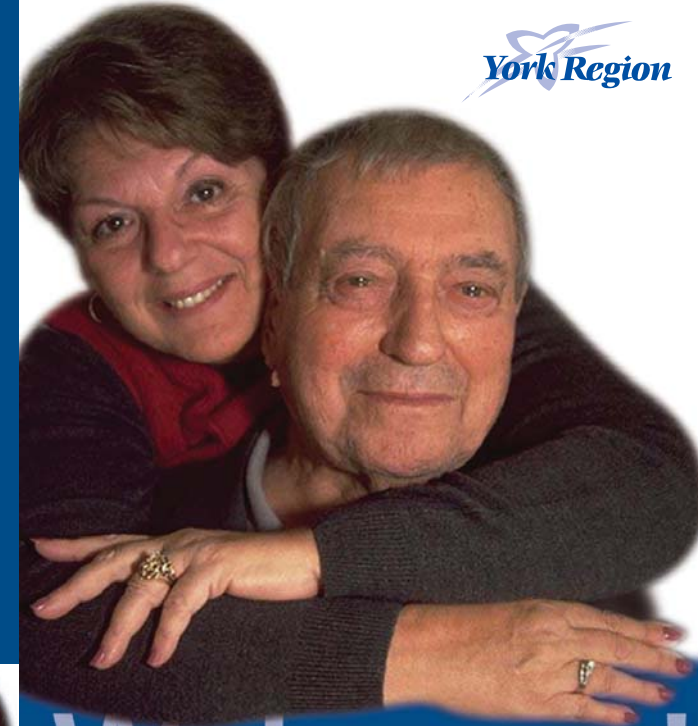
York Region Health Services
Health Connection
at 1-800-361-5653



May, 2006
Health Protection Division



IMPORTANT INFORMATION FOR VISITORS



Welcome!

Visitors to a long-term care home are important to the residents and staff.

When visiting, please follow the recommendations in this pamphlet to prevent harmful germs from entering the home.

Your co-operation is appreciated to help keep residents healthy.