

A Guide for Patients and Families

Contact Precautions

Overview

If you or your family members are on contact precautions, it indicates that the disease or infection can be transmitted through direct person-to-person contact or contact with the person's surroundings.

Care and Management

You will be isolated in an isolation room/cohort cubicle. Healthcare providers will be wearing personal protective equipment (PPE) when caring for you.





Gastrointestinal, respiratory, skin or wound infections with multidrug-resistant bacteria:

- Methicillin-Resistant Staphylococcus Aureus (MRSA)
- Vancomycin-Resistant Enterococci (VRE)
- Candida auris
- Carbapenem-resistant organism

Skin infections that are highly contagious including:

- Scabies



Infections affecting the intestinal tract such as:

- Clostridioides difficile (C.Diff)
- Undiagnosed diarrhoea
- Conjunctivitis

Can I walk outside of the isolation room/cohort cubicle?

No. You should stay inside the isolation room/cohort cubicle unless you need to go for x-ray, surgery, or other procedure. You are advised to wash your hands before leaving the isolation room/cohort cubicle.

How long will I need to be on contact precautions?

It depends. You will be transferred out from the isolation room/cohort cubicle when you are deemed not contagious by healthcare team.



What should my family members and visitors need to do if they wish to visit me?

- Visitation are discouraged especially if you are immunocompromised.
- Your family members should check with the healthcare provider before visiting.
- Clean hands before and after visiting.

What do I need to take note after returning home?

- There is no special precaution required at home besides practicing good personal hygiene such as respiratory hygiene /cough etiquette, hand washing.