

How to keep myself safe during my hospital stay

Information for patients and families

Help us to protect you and other patients from COVID-19. Follow these steps below during your hospital stay.

Clean your hands

Clean your hands using hand sanitizer or soap and water:

- before and after meals
- when leaving your room or bed area
- before and after touching your mask
- after using the washroom - you must use soap and water



Wear a mask

Where you need to wear your mask:

- before you leave your bed area, if you are sharing a room (for example, to go to the bathroom)
- before you leave your room

Proper use of your mask:

- Your mask must always cover your nose and mouth
- Our staff will provide a new mask every day.
- If you cannot put your mask on by yourself, ask our staff for help.
- To remove the mask, clean your hands, and use the straps to take it off.
- Clean your hands again. Store the mask in a clean spot in your bed area.
- You can reuse your mask during the day, as long as it does not get wet or damaged.



During your stay:

- Keep your privacy curtain closed between you and your roommate as much as possible.
- Do not share food or personal items with your roommate.
- Keep limited personal belongings within your bed area (or space).
- Try to keep 2 metres away from others, including your roommate, except when receiving care.
- Try to stay within your room and away from other patients as much as possible. You may leave the room when your care team feels it is needed.
- If you need to leave your room for reasons that are not related to your care, please talk to your nurse or doctor first.
- Food is not stored on the unit. If you get food from outside the hospital, you must throw out the containers after eating.
- Food should not be stored on the unit and microwaves should not be used.

Visitors should follow these rules, for their safety and yours:

- Must clean their hands before and after their visit
- Need to wear their masks at all times during their visit
- May need to wear a face shield, gown, and gloves during their visit as directed by your care team
- Cannot use the bathroom inside your room
- Cannot eat or drink inside your room or anywhere in the hospital for visits under 3 hours
- Must not visit if they are sick or were exposed to someone with COVID-19



For more information on the hospital's current visitor policies and guidelines, follow the link below:

<https://unityhealth.to/visiting-a-patient/>