

HOW can you help?

Visitors and family members help residents understand the importance of keeping themselves clean, room cleaning, and following Enhanced Standard Precautions.



If there is a sign on the door, we ask visitors to please:

- Wash hands or use alcohol-based hand gel many times to clean your hands. Always clean your hands when going into the resident's room, and again when leaving the room. The hand gel in this facility kills germs when hands don't look dirty. Use soap and water if you have dirt on your hands.
- Wear gowns and gloves when helping staff members with caring for a resident who requires close contact. Don't touch blood, body fluids, or open sores without wearing gowns and gloves.
- Read the directions listed on the door sign. The sign will show if a resident is on special precautions such as Contact or Droplet Precautions.

The Six Moments for Enhanced Standard Precautions

You will see this sign on a resident door when Enhanced Standard Precautions is required.



For more information visit the [ESP webpage](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ESP.aspx) (www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ESP.aspx)

Enhanced Standard Precautions (ESP) in Skilled Nursing Facilities Information for Residents and Families



We want to keep everyone safe. **We use what is called 'Enhanced Standard Precautions' to stop the spread of certain germs.** If done carefully, it will allow most residents to leave their rooms. That will let them take part in activities with others in common areas. Enhanced Standard Precautions are not like precautions used in hospitals.

This information is about what Enhanced Standard Precautions are, how they are used in this building, and what you can do to help.



WHAT are Enhanced Standard Precautions? This is what our staff does:

• Wash hands, and wear gloves and gown, when helping a resident

○ Wash your hands with soap and water, or clean with hand gel, before you go into the room.



○ Wear gloves and gowns when providing care very close to the resident. Examples are pictured in the Six Moments for ESP sign (on back). After washing hands, put on the gown, then gloves, before giving care. Take them off and throw them away in the room when you are done; then clean your hands.



• Room cleaning

Housekeepers will help keep the room clean. They will clean areas that are touched many times. These are called 'high-touch surfaces.' You can help keep the room tidy. Housekeepers can work better to keep the room clean if there are fewer items to work around.

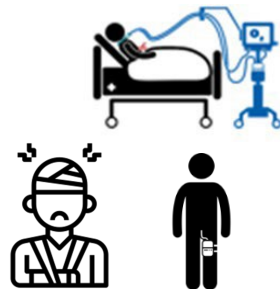


WHO needs Enhanced Standard Precautions?

Some residents have germs that can be spread to other residents. This can make them very sick. We make that less likely to happen by using Enhanced Standard Precautions.

Enhanced Standard Precautions are used if the resident has special devices:

- A tube that goes into the throat for breathing (trach)
- A special tube that goes into blood (central line)
- A central line for cleaning the blood (dialysis)
- A tube that drains away urine (urinary catheter)
- Tubes that go into the stomach (feeding tube)
- Wounds or sores that aren't healed



WHEN do our staff use Enhanced Standard Precautions?

There are six times when Enhanced Standard Precautions should be used. These moments usually take place in the resident's room or bathroom.



1. Morning & evening care



2. Helping them go to the toilet & changing briefs



3. Caring for special devices & giving medical treatments



4. Caring for wounds



5. Getting the resident out of bed & getting them ready to leave the room



6. Cleaning the room & other areas