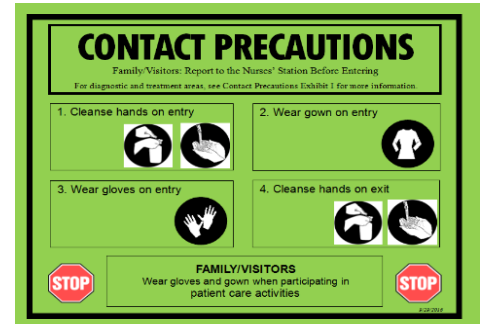


Contact Precautions and Contact Precautions - Diarrheal: General Information

What are contact precautions?

Contact precautions are practices to lower the risk of spreading certain types of germs in your environment with people who come into contact with you. If you have to follow contact precautions, we may put you in a private hospital room or have you share a room with another patient with a similar type of germ. There will be a green sign on your door.



What are contact precautions – diarrheal?

Contact precautions – diarrheal (also called **contact precautions-D**) are practices used to lower the risk of spreading germs that cause diarrhea. They are the same as contact precautions except:

- We will clean any medical equipment in your room with bleach.
- Anyone leaving your room must wash their hands with soap and water before leaving.

There will be an orange sign on your door.



Why are people wearing gowns and gloves?

Staff going into your room will wear a gown and gloves. This is to prevent the spread of germs to other patients because they take care of several other patients each day. They will throw the gowns and gloves away and clean their hands before leaving your room.

When will contact precautions or contact precautions-D end?

You need to stay in contact precautions or contact precautions-D until your doctor says that there is no longer a risk of spreading germs to other people.

What are the instructions for patients on contact precautions or contact precautions-D?

Can I leave my room?

Your doctor or nurse will tell you when it is okay. This is to lower the chance of spreading germs to other patients. When you leave your room, you must:

- Change your clothes or hospital gown
- Clean your hands by washing them with soap and water or by using hand sanitizer
- Have your nurse or aide wipe down any medical devices that you will take with you

Where can I go outside of my room?

You can go to most public areas of the hospital. However, **you are not allowed to go to the following areas:**

- Nutrition Room
- Family lounges
- Child Life activity areas and school
- Visiting other patients or their visitors

Ask your nurse if it is okay for you to go to the cafeteria, or any other areas that were not listed.

What are the instructions for family and visitors of patients who are on contact precautions or contact precautions-D?

Do my family members and visitors need to wear a gown and gloves?

We recommend that your family and visitors wear a gown and gloves if they will be participating in any patient care activities. Wearing a gown will reduce the spread of germs out of the room on their clothing. Patient care activities include bathing, wound care, tracheostomy care, etc.

Where can my family and visitors go outside of my room?

Your family and visitors must remember to clean their hands with either soap and water (for patients with an **orange sign** or **green sign**) or the hand sanitizer (for patients with a **green sign**) when they leave your room. They can go to most public areas of the hospital, but **they are not allowed to go to these areas:**

- Nutrition Room
- Child Life activity areas including the school, Michigan Game Day Experience, Sibling Program, and activities or events in the Family Center
- Visiting other patients or their visitors

Thank you for your help with following these precautions. It will help keep other people from getting sick.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Author: Carey Dombecki, MPH CIC
Edited by: Brittany Batell, MPH MSW

Patient Education by [U-M Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last revised 03/2024