

*Residents  
of retirement and long  
term care homes  
are vulnerable to  
infection.*



**It's everyone's  
responsibility to  
F•O•C•U•S  
on infection control.**

Leeds, Grenville & Lanark District Health Unit  
Infectious Disease Program  
Brockville: 613-345-5685  
Smiths Falls: 613-283-2740



2930-OS-july 2013

**When visiting during an  
Outbreak remember:  
F•O•C•U•S**

**F**ollow facility instructions

Facilities in outbreak will have certain requirements of visitors to help prevent the spread of infection. Some of the things you may be asked to do include checking in at the nurses' station or wearing a mask.

**O**nly 1 resident; only 1 room

If you are visiting someone who is sick it is important that they remain in their room. You will be asked to keep visits contained to this area and that only one resident be visited at a time.

**C**lean hands often

Use soap and water or alcohol-based hand sanitizer upon arrival; before leaving a resident's room; and when leaving the facility.

**U**date flu immunization

Getting the flu shot is the best way to protect yourself and others. The virus can be spread to others before symptoms even start and those in long term care or retirement homes are more vulnerable.

**S**tay home if you are ill

If you feel unwell; stay home. Everyone is put at risk if you visit the facility when you are sick. Some of the symptoms to look out for include coughing, sneezing, fever, sore throat, nausea, vomiting, and diarrhea.