

## The Silvercrest Center for Nursing and Rehabilitation

is a unique center of excellence, dedicated to Giving Quality to Life for all whom it serves, including:

- ◆ Older and younger adults who are chronically ill or traumatized and who make Silvercrest their home.
- ◆ People who need rehabilitation before returning to an independent life.
- ◆ Ventilator-dependent patients who require weaning from ventilation.
- ◆ People with Alzheimer's Disease and other dementias who need a nurturing and safe environment that promotes functioning.

144-45 87 Avenue  
Briarwood, NY 11435  
Tel: 718.480.4000  
Fax: 718.658.2367  
[www.silvercrest.org](http://www.silvercrest.org)  
Admissions: 718.480.4007  
[admissions@silvercrest.org](mailto:admissions@silvercrest.org)

The  
Silvercrest  
Center  
for nursing  
and rehabilitation

**Giving Quality to Life**

# About Infection Control

A Visitor's Guide



Member

 **New York-Presbyterian Healthcare System**

Affiliate: Weill Medical College of Cornell University

# About Infection Control

## Can visitors prevent infection?

Visitors are an important line of defense in preventing the spread of infection. There are many ways to protect yourself, your loved one, and the other patients and residents at Silvercrest.

## What's the most important thing I can do?

Wash your hands or use hand sanitizers. Hand hygiene is essential to good infection control. To properly wash hands, lather with soap, rub hands vigorously for 15 seconds and rinse thoroughly. You should wash your hands:

- ◆ After you enter Silvercrest and before you make your visit.
- ◆ After you touch any body fluid (either your own or others) or contaminated surfaces or equipment.
- ◆ After removing gowns or gloves when visiting residents on precautions.
- ◆ Before and after eating and drinking.
- ◆ After you use the bathroom, sneeze, cough or blow your nose.
- ◆ As you're leaving Silvercrest and after you return home.

## Where should I wash my hands?

Use sinks in residents' rooms or the public restrooms or use hand sanitizers mounted in patient care areas throughout Silvercrest. Put a dime size amount of sanitizer in the palm of the hand and rub hands together briskly until dried.

## What should I do if I see signs about infection control?

Some rooms may have a sign that says, "STOP AND REPORT TO NURSE." Follow any directions given to you by such signs and from the nursing staff.

## Should I stay home if I'm not feeling well?

Absolutely. For your well being and that of our residents and patients, do not visit Silvercrest if you have a cold, the flu, a stomach virus, a fever or a rash. The viruses or bacteria that can cause these symptoms are usually very contagious and can spread quickly.

## Can I use a resident's bathroom?

No, resident bathrooms are only for resident use. There are many public restrooms conveniently located throughout Silvercrest. Any staff member will be happy to point them out to you.

## How should I safely handle food at Silvercrest?

Food is an important part of a resident's or patient's life. You can add to their pleasure—and help them stay well—by following these safety guidelines:

- ◆ Don't eat a resident's or patient's food. Also do not share food with other residents. Meals are specially designed for Silvercrest residents.
- ◆ Don't enter pantries or take food off meal carts.
- ◆ Get Silvercrest permission to bring in outside food.
- ◆ Staff are not permitted to reheat food.
- ◆ Date and label outside food with your loved one's name and room number.

## Do you ever restrict visits?

Occasionally, Silvercrest may restrict all visitors, or visitors to specific areas in the facility, or to specific residents or groups of residents. Visitor restrictions may be due to epidemics in the community or influenza or other disease outbreaks in the facility. These restrictions are usually temporary and lifted as soon as possible, but while they're in effect, please follow them.