

## **ISOLATION PRECAUTIONS: TO PREVENT THE SPREAD OF INFECTION**

Your doctor wants you to be on Isolation Precautions while you are in the hospital. These precautions help decrease the chance of spreading germs or illness from you to another person. These safety measures are important in a hospital since there are other patients who are ill or weak. For this reason, you may be placed in a private room and asked to stay inside your room. There are several types of isolation precautions. The procedures used are based on how the specific germs or illness might be spread.

- Your nurse or doctor explains these precautions to you so you know what is required. In some situations, family and visitors are asked to wear protective clothing. Please talk to your nurse if you have questions or concerns about these precautions.
- A sign is placed at the door to your room that states the type of isolation to use. The sign lists the protective clothing hospital staff may wear when they are inside your room. The sign does not state the actual type of illness you have.
- Please remain in your room except when you must go for a medical test. If you need to walk in the hallway or leave your room, please ask your nurse to show you the correct procedures. You should always clean your hands before leaving your room.
- It may be inconvenient or difficult for you and your visitors to follow the Isolation Precautions. Your effort is needed to help protect other patients, staff and visitors.
- Your doctor may change or stop your isolation during your hospital stay. If a change is made, your nurse will tell you and your visitors.
- When you are ready to go home, your nurse teaches you about your care. Your nurse explains if there are precautions you should use to prevent spreading infection to your family, friends and others in the community.

### **Keeping Your Hands Clean**

Keeping your hands clean is the most important thing to do to help stop the spread of infection. Always clean your hands before eating, before leaving your room, after using the bathroom or if you touch any of your body fluids. Your visitors should always clean their hands when they enter and when they leave your room.

- Using alcohol hand rub is the best way to clean your hands when you cannot see dirt on them. A dispenser for alcohol hand rub is located in each patient room and in many places around the hospital. Ask your nurse to show you how to use it.
- If using soap and water, wash your hands for at least 15 seconds. Ask to be shown how to wash your hands thoroughly.

