



## Isolation Precautions

This information is intended as a guide for patients and their families to provide information on isolation precautions used while in the hospital.

### Isolation Precautions

Isolation Precautions are measures used to stop the spread of germs in the hospital. Isolation Precautions may be used if you have been diagnosed or are showing signs of an infection or you may carry a germ that could spread to other people.

We need your help to stop the spread of germs when you are under isolation precautions:

- A sign will be posted on your door so that healthcare workers, family, and visitors know what steps they must take to prevent the spread of germs. This sign does **not** list your name or what germ or infection you have. It only lists the safety measures that must be taken when people enter your room
- Stay in your room unless you are taken to another area of the hospital for a medical procedure. You will be asked to wear a mask when you are outside of your room
- If you leave your room, you must wash their hands with soap and water or hand sanitizer and wear clean clothes/hospital gown
- You should cover your mouth with a tissue when coughing or sneezing and wash your hands afterwards

### Types of Isolation Precautions

**Contact precautions** are used when an illness may be spread by touching you or objects that have touched you. Healthcare staff will use a gown and gloves when they enter your room.

**Droplet Precautions** are used when an illness may be spread by coughing, sneezing, talking or during some medical procedures. Healthcare staff will wear a gown, gloves, mask and eye protection when they enter your room.

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**Airborne Precautions** are used when an illness may be spread by tiny particles in the air. You may be placed in a special room that allows air to flow into the room but not out into the rest of the hospital. Healthcare staff will wear a gown, gloves, eye protection and a special type of mask that helps to filter tiny particles when they enter your room. Your room door must stay closed for proper air flow.

### **What about my family and visitors?**

Friends and family members should not visit if they have any signs of an illness such as a cough, sore throat, fever, rash, or diarrhea.

In most cases, you can have visitors when you are under isolation precautions however, visitation may be restricted under certain circumstances.

- Visitors must always check with a nurse for special instructions before entering your room
- No more than 2 visitors should be in your room at one time
- Visitors are asked to wear a mask while they are in your room
- Visitors must limit their trips in and out of the room and always check with the nurse before taking items in or out of the room
- Visitors must always wash their hands before entering and after leaving your hospital room with hand sanitizer from the dispenser located just outside your hospital room door

### **Will I need isolation precautions the whole time I am in the hospital?**

Your doctor or nurse will let you know when isolation precautions are no longer needed. Some patients need to be under isolation precautions during their entire stay. Even when these precautions end, anyone who goes in or out of your room must still wash their hands to stop the spread of germs.