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 Isolation Precautions while you are in the hospital are __________________________.

What to expect

- Your nurse or doctor will explain your Isolation Precautions to you, so you know what is required.

- Family and visitors will be asked to wear protective clothing and gear, such as gowns, gloves and masks, based on the type of Isolation Precautions that are needed.

- A sign will be placed at the door to your room that states the type of isolation to use. The sign lists the protective clothing and gear staff, family and visitors will wear when they are inside your room. The sign will not state the actual type of illness you have.

- Please remain in your room except when you must go for a medical tests. If you need to walk in the hallway or leave your room, please ask your nurse to show you the correct procedures. Always clean your hands before leaving your room.

- Even though it may be inconvenient or difficult for you and your visitors to follow Isolation Precautions, please follow your precautions to help protect other patients, staff, visitors and yourself.

- Your care team will wash their hands and wear protective clothing when entering your room. If you don’t see staff wash their hands before and after your care, please remind them. We want to protect everyone from germs.

- Your doctor may change or stop your precautions 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 will teach you about your care. Your nurse will explain if there are precautions you should use to prevent spreading infection to your family, friends and others in the community.
Clean hands prevent the spread of infection

Clean your hands before eating, before leaving your room, after using the bathroom and any time you touch any of your body fluids.

Make sure your visitors and anyone giving you care clean their hands when they enter your room and when they leave your room.

To wash your hands with soap and water:
1. Wet your hands with running water, turn off the tap and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 15 seconds.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

To use alcohol-based hand sanitizer:
1. Apply the product to the palm of one hand.
2. Rub your hands together.
3. Rub the product over all surfaces of your hands and fingers until your hands are dry.

A hand sanitizer dispenser is located in each patient room and in many places around the hospital.

Questions?

If you have any questions or concerns about Isolation Precautions, talk with your nurse or contact Clinical Epidemiology at 614-293-8556 or 614-257-2037 (University Hospital East).