



## Patient and Visitor Guide to Isolation

### What does isolation mean?

“Isolation” means using special protective actions to prevent the spread of infectious agents (germs) in the hospital. The type of isolation you are on depends on how the germs are spread. The pictures on the sign help guide staff and visitors in what is needed for contact with the patient and the environment.

#### **Contact Isolation**

Patients that need this kind of isolation have infections that can be spread through direct person-to-person contact, or from items in the patient’s environment.

**What to do:** Staff members and visitors must clean hands and wear gloves and a cover gown at the patient’s bedside and remove them when they leave the room.

#### **Droplet Isolation**

Patients that need this kind of isolation have infections that can be spread by coughing and sneezing droplets that carry germs.

**What to do:** Staff members and visitors must clean hands and wear a mask and eye protection to enter the room.

#### **Respiratory/Airborne Isolation**

Patients that need this kind of isolation have infections that can be spread through the air. They stay in rooms with special air circulation, and the door is kept closed.

**What to do:** Staff members and visitors must clean hands and wear a special mask called a PFR-95 mask to enter the room. Patients may be asked to wear a mask if they need to go for a test or procedure.

### Do visiting friends and family need to follow these rules?

**Yes.** Before going into your room all visitors **MUST** check in at the nurses’ station. They will be told what protective clothing to wear. They **must** also either degerm their hands with Purell® (an alcohol-based hand sanitizer) or wash with soap and water for 15 seconds when they enter and leave your room. If family or friends feel ill they should not visit.

### What can you do to help prevent the spread of germs?

The most important step to help stop the spread of infection is to wash your hands often and well, especially after sneezing, coughing, using the bathroom, and before eating. To wash your hands properly, rub your hands together with soap and water for at least 15 seconds. You can also use the Purell® as an effective method of killing germs on your hands.

If you have any other questions or concerns about isolation, please ask your doctor, nurse, or nurse practitioner. If you have questions about the reason for your isolation, discuss it with your doctor.

This information is brief and general. It should not be your only source of information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instruction from your doctor. For answers to your health-related questions, talk to your health care providers for guidance before making a health care decision.