

Isolation Precautions: To Prevent the Spread of Infection

Isolation precautions are a necessary part of your care. These precautions help to prevent the spread of germs or illness from you to another person. These safety measures are important in a hospital for the protection of other patients who are ill or weak.

There are several types of isolation precautions. The procedures used are based on how the specific germs or illness might be spread.

Isolation Precautions: _____

Your nurse or doctor will explain these precautions to you so you know what is required. Family and visitors may be asked to wear additional protective equipment. Please talk to your nurse or doctor if you have questions or concerns about these precautions.

There are certain steps that your health care providers and visitors need to follow such as:

- ☐ A sign will be placed on the door to your room that states the type of isolation to use. The sign lists the protective equipment hospital staff and visitors are to wear when they are inside your room. **The sign will not state the actual type of illness you have.**
- ☐ Please check with your health care provider if you may be out of your room. If you are able to walk in the hallway or leave your room, please ask your nurse to show you the correct procedures.

An essential part of protecting yourself and others is to always clean your hands before leaving your room, and upon returning to your room.

Your care team will also wash their hands and wear the protective equipment when entering your room. If you don't see them wash their hands before and after your care, please remind them to do so. We want to protect everyone from germs.

We realize that it may be inconvenient or difficult for you and your visitors to follow the Isolation Precautions. The health-care team at UConn Health appreciates your effort 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 will teach you about your care and will explain if there are precautions you should use to prevent spreading infection to your family, friends and others in the community.

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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.
- ☐ upon return to 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.

Use alcohol based hand sanitizer to clean your hands when you cannot see material on them. A dispenser is located in each patient room and in many places around the hospital. Ask your nurse to show you how to use it. **OR** Wash with soap and water for at least 20 seconds. Sing one round of Happy Birthday to yourself. This is 15-20 seconds. Ask to be shown how to wash your hands thoroughly, if needed.,

Speak with your health care team if you have questions.

For Infection Prevention information ask to speak with the Infection Prevention Department

Dear Patient please

"JUST ASK"

Your health care provider if they have washed their hands