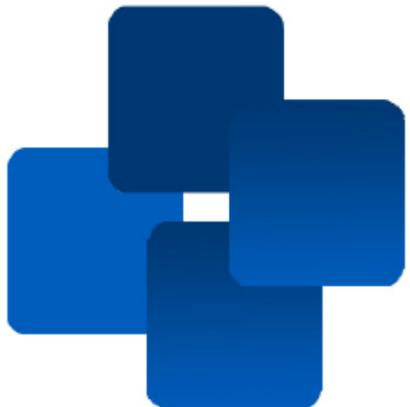


# Isolation Information

## Leaflet for patients and visitors

**Please follow this guidance from the  
Infection Prevention and Control Team**



## **WHAT IS THIS LEAFLET ABOUT?**

The purpose of leaflet is to provide you with an understanding of the reasons why you have been placed in an isolation room or an isolation bay. It does not give you information on the specific infection or condition which you have. You may already have been given a separate leaflet on your condition, but if you would like to discuss this with the Infection Control Team please ask the ward staff who will be able to arrange this for you.

## **WHY DO I NEED TO BE ISOLATED?**

There are two main reasons why you have been moved into isolation:

- To prevent spreading your infection to other patients and staff.
- To protect you from other patients if you have a condition or illness that makes you more vulnerable to infections. This is known as 'protective isolation'.

## **WHAT IS ISOLATION?**

Sometimes it is necessary to move patients to a single room (which may have its own toilet/washing facilities) or to a dedicated bay in a ward (sometimes called a cohort bay). This is often referred to as 'isolation'. Being in isolation allows health care workers to reduce the risk of spreading any infection to you or other patients. Staff may wear gloves, aprons and/or masks depending on the reason you are being isolated. The staff will explain this to you. Please feel free to ask staff if you would like more information about any aspects of your care.

## **HOW IS INFECTION SPREAD?**

The risk of acquiring or spreading infection can be higher while you are in hospital. This is because of the frequent contact you will have with health care workers and hospital equipment. Other patients may also act as a source of infection. Contaminated hands are the most common way that infection is spread. To prevent this you will see health care workers washing hands, wearing gloves and using alcohol hand rub to reduce the risk of passing on infections. Please read the hand hygiene leaflet for further information.

## **HOW CAN MY VISITORS HELP?**

To ensure that there is no chance of visitors either getting your illness or infection, or of them passing it on to others, we would politely ask:

- All visitors wash their hands on entering and leaving the room.
- No more than 2 visitors at a time.
- For all visitors to sit only on the chair provided and NOT on any equipment, including, bed, toilet etc.
- Not to sit on the commode if present.
- Wear aprons and gloves if instructed by the ward staff. This depends on the type of infection you may have.
- Not to visit any other patients or other wards after visiting you.
- Do not remove from or take articles into your room without permission of the nurse in charge.
- Not to come to the hospital if they have an infection, e.g., sore throat, colds, flu or any other illness they could pass on to you.
- No young children to be brought to visit you without the permission of the nurse in charge.

## **MAY I LEAVE THE ROOM?**

This will depend on why you are in isolation. The Infection Prevention and Control Team will have advised the ward staff of any extra care that is required should you need to visit any other departments. Being in isolation will not affect the care you receive.

## **WHAT HAPPENS WHEN I GET HOME?**

When you go home you should live your life as normally as possible. It is very unusual that any special care will be required when you go home. However, if any is necessary the staff will discuss this with you before you are discharged. After you have returned home you can contact your G.P. for further advice if needed.

## WILL MY DISCHARGE BE DELAYED?

Usually there will be no delay if you are returning to your own home. This will also not usually stop you going into a nursing or residential home where, although you may have a single room, you should be able to mix freely with most other residents. If you need to be transferred to another hospital, you may experience a slight delay as the hospital may want to place you in a single room and this could take time to organise.

The image contains two posters. The top poster is yellow and titled 'STOP AND THINK Isolation Care'. It lists instructions for all visitors and all staff, and states 'Keep door closed at all times'. The bottom poster is white with a yellow border and titled 'STOP AND THINK Protective Isolation'. It lists instructions for all visitors and all staff, and also states 'Keep door closed at all times'.

**STOP AND THINK**  
**Isolation Care**

**All visitors:**

- please wash and dry your hands/use gel before entering and on exiting the room.
- please ask the nurse before entering so that she/he can explain any precautions you need to take e.g wearing gloves and aprons
- please close the door behind you
- please ask the nurse/matron or a member of the Infection Control Team to explain any thing you are unsure about.

**All staff:**

- please adhere to standard infection control precautions at all times
- please check care plan/ward guidance if you are unsure about any infection control procedure.

**Keep door closed at all times**

**STOP AND THINK**  
**Protective Isolation**

**All visitors:**

- Please ask the nurse before entering so that she/he can explain any precautions you need to take
- Please use the alcohol gel provided before entering and on exiting the room and put on aprons and gloves
- Please do not visit if you have a cough/cold or sore throat or have been unwell within the last seven days
- Please close the door behind you
- Please ask the Nurse/Matron or a member of the Infection Prevention & Control Team to explain anything you are unsure about

**All staff:**

- ALL staff members entering this room MUST wear aprons and gloves
- Please do not enter if you have a cough/cold or sore throat or have been unwell within the last seven days
- Please adhere to standard Infection Prevention & Control precautions at all times
- Please check care plan/ward guidance if you are unsure about any Infection Prevention & Control procedure

**Keep door closed at all times**

For further information please contact Infection Prevention and Control Nurses:  
Monday to Friday from 09.00 to 17:00 hrs.

**Lister Hospital** on 01438 314333 Ext 5383 or Bleep 5383

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

Date of publication: November 2014  
Author: Infection Prevention & Control Team  
Reference: INF05 Version: 3  
Review Date: November 2017  
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You can request this information in a different format or another language.