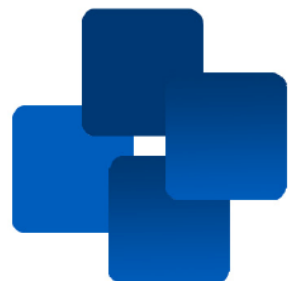


Isolation Information

A guide for patients and visitors

Infection Prevention and Control Team



Introduction

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 that 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 Prevention and Control Team, please ask the ward staff who will be able to arrange this for you.

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 healthcare workers to reduce the risk of spreading any infection to you or other patients. When giving direct care, staff will wear gloves, aprons and/or masks depending on the reason you are being isolated; the staff will explain this to you. Please ask staff if you would like more information about any aspects of your care.

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**'.

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 healthcare 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 healthcare workers washing hands, wearing gloves and /or aprons, 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 there is no chance of visitors getting your illness or infection, or of them passing it on to others, we would politely ask:

Do:

- All visitors wash their hands with soap and water (or hand rub) on entering and leaving the room.
- Visitors sit only on the chair provided.
- If your visitor would like to help you with personal care, ask the nurse in charge first so that they can advise of appropriate personal protective equipment (PPE) for your visitor to use.

Do not:

- have more than 2 visitors at a time.
- wear PPE unless instructed by the nurse in charge or staff nurse.
- sit on your bed or any other equipment in the room.
- sit on the commode if present.
- remove or take articles into your room without permission of the nurse in charge.
- come to the hospital if they are unwell, e.g. sore throat, colds, flu, diarrhoea and/or vomiting or any other illness they could pass on to you.
- bring young children to visit you without the permission of the nurse in charge.

May I leave the isolation room or bay?

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 GP 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.

Further information

For more information or for any questions you may have, please contact:

Infection Prevention and Control Team ☎ **01438 314333**
and ask for extension 5383 or bleep 5383
(Monday to Friday, 9am - 5pm)

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