

Infection Prevention and Control

Isolation Procedures



Patient Information Leaflet

Why do I need to be isolated?

There are three reasons for isolating patients:

- To prevent transfer of infection from a patient with a proven infection or symptoms such as diarrhoea and vomiting to others.
- To prevent transfer of infection to those who are at risk, e.g. those having chemotherapy.
- Isolation also provides privacy whilst you have symptoms of an infection e.g. diarrhoea and vomiting.

What kind of symptoms may require me to be isolated?

Common symptoms which may require isolation include:

- Infections causing diarrhoea and vomiting e.g. *Clostridium difficile*, gastroenteritis.
- Flu like symptoms such as a high temperature, sore throat, runny nose and aching limbs.
- An infection in the chest with a cough which is known to be infectious to others e.g. pulmonary tuberculosis.
- Carrying Meticillin Resistant *Staphylococcus aureus* in your nose or elsewhere on your body.

Where will I be isolated?

You may be looked after in a single room or you may be sharing a bay with others who have the same infection or similar symptoms.

Do I have to stay in my room all the time?

Not necessarily. This will depend on your condition. The ward staff will tell you if you can come out of your room.

Will being in isolation affect my care?

No. Your care will be the same. There are however certain things that may be done to reduce the risk of spreading the infection to others. This may include:-

- Staff hand hygiene and the wearing of aprons and gloves while carrying out your care. They may also wear masks depending on your condition.
- You may have your own toilet facilities or a commode which will stay in your room for your use only.
- Keeping other equipment in the room for your use only for example wash bowl, blood pressure monitor.

How will I be able to get the nursing staff to help me if I am in isolation?

The nurses will check on you regularly throughout the day / night but if you need someone in between these times there is the nurse call bell system for you to use.

Some people can feel secluded in a single room whereas others like to be in a single room. The nurses understand this and will try to make sure your period of isolation is as pleasant as possible.

Can I still have visitors?

It may be sensible to restrict some visitors such as young children or those with other illnesses who could pick up infections easily. Please check with the ward staff before arranging visits. Your visitors will be asked to wash their hands with soap and water or to use the hand hygiene gel before and after they visit.

What can I do to help reduce the risk of spreading the infection?

- Hand hygiene is very important. This should be done before meals, after using the toilet or commode, after coughing, sneezing or blowing your nose.
- If you have any wounds, a drip or a catheter make sure you do not touch them.
- Encourage your visitors or staff coming into your room to clean their hands.

Should you have any further questions or require further advice please speak to your doctor, nurse or Infection Prevention staff.

Infection Prevention Team 01535 294848

Write any questions/queries below

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on: 01535 294019 for advice.

Please raise any issue you may have about your care and treatment with a member of staff. Raising your concerns will not adversely affect the care you will receive.

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