

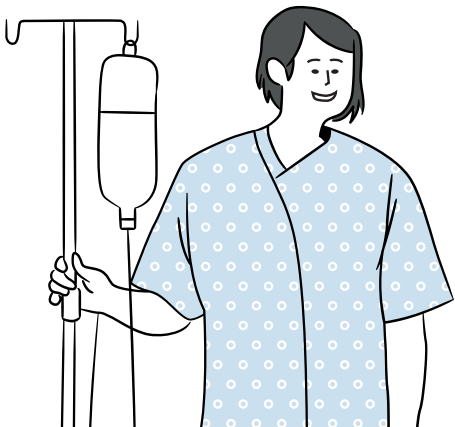
# You've Been Put on Isolation... What happens now?



A guide to educate you about the different types of additional precautions and why you may be placed on isolation.

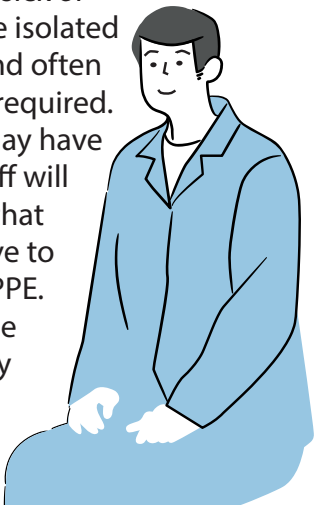
## Why am I on isolation?

When at the hospital, you will be assessed for any symptoms that could indicate you may have an infection and could be contagious to others. Symptoms like cough, runny nose, diarrhea, vomiting, fever, or shortness of breath. Once determined, the staff will place you on additional precautions. An isolation sign will be posted at your doorway. Extra equipment will be worn by others before coming into your room and visitors may be restricted. This is a **PRECAUTIONARY MEASURE** to keep you, as well as other patients and staff safe until you aren't considered contagious any longer. We may complete blood tests, nasal swabs, urine samples, etc., to get to the diagnosis or determine the right treatment. When your tests come back (it may take some time) and they are negative, or you have been treated, you will be taken off isolation.



## What is an outbreak? What does this mean?

An outbreak occurs when there is more than one patient on the same unit that has developed an illness while admitted. Infection Control speaks to the local health unit about whether an outbreak must be declared. The goal is preventing any further spread of illness on the unit, so some restrictions are put in place. Visitors are restricted and patients required to stay in their room. Patients who are sick or were exposed are isolated in their rooms, and often repeat testing is required. The entire unit may have testing done. Staff will be dedicated to that unit and may have to wear additional PPE. Your family will be contacted so they know what is happening.



**SANITIZE HANDS. EAT.  
SANITIZE HANDS. SLEEP.  
SANITIZE HANDS. REPEAT.**

## If I'm on isolation, can my family/friends visit?

Not everyone who is isolated will be permitted visitors. Some types of isolation require that you have recovered from your illness, or it's thought to no longer be contagious. Please visit [RMH.org](http://RMH.org) for the most up to date information.

Depending on the reason for your isolation, visitors may be permitted to see you. Be sure to confirm with your nurse or doctor to see if visitors are permitted.

When visitors are permitted and you are isolated, they must wear appropriate PPE. There will be an isolation sign at your doorway that will show what needs to be worn in your room. Your visitors are to report to the nursing station prior to going into your room so they can be taught how to properly put on and remove all of the equipment, safely. They will not be able to eat/drink while visiting and must wash their hands before entering/leaving your room.



## What can I do to help if I'm on isolation?

When you are placed on isolation, there are many things that you can do to help decrease the spread of germs.



Wash Your Hands



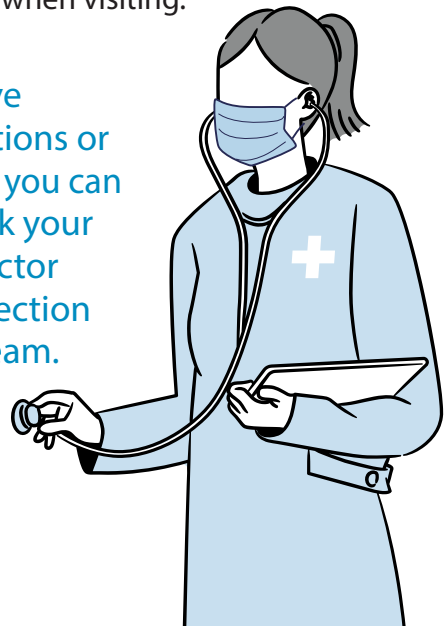
Cough or Sneeze Into Your Elbow/Sleeve



Wear Your Mask When Others Are Around

You will need to stay in your room until you come off isolation. Your visitors will be required to always wear the appropriate PPE. They are not able to eat/drink in your room when visiting.

If you have any questions or concerns, you can always ask your nurse, doctor or the infection control team.



## Additional Precaution Types:

Staff, Physicians, Visitors entering your room must wear the following personal protective equipment (PPE) in addition to normal practice.

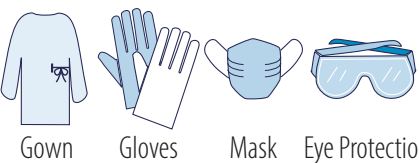
### CONTACT



Gown

Gloves

### DROPLET-CONTACT



Gown

Gloves

Mask

Eye Protection

### ENHANCED DROPLET-CONTACT



Gown

Gloves

N95 Mask

Eye Protection

### AIRBORNE



Gown

Gloves

N95 Mask

Eye Protection



All PPE must be removed when exiting the room and hand hygiene must be performed.