



ISOLATION PRECAUTIONS FOR YOUR FAMILY MEMBER

In the hospital, Isolation Precautions are used to help stop the spread of germs from one person to another. We want to protect our patients, families, visitors, and healthcare workers from the spread of germs.

Your family member has been placed in the following type of isolation precautions, also called “isolation.” Each type of isolation precautions helps to prevent spread of germs that move in different ways. There will be a card at the door of your hospital room to remind visitors and healthcare workers which isolation precautions are needed. We will tell you when your family member is able to come out of isolation precautions.

If you are a Care Partner, the nurse may talk with you about ways in which you can stay with the patient in isolation precautions without wearing the mask, gown, or gloves that others must wear. This is called “Rooming-In” and there is an information sheet about this.

We hope this will help answer some of the questions you may have about isolation precautions. Your nurse may give you another information sheet about one or more of these germs.

YOUR FAMILY MEMBER HAS BEEN PLACED IN:

- CONTACT PRECAUTIONS (RED CARD)** May have Green Handwashing Card, too. These germs can spread when people touch the patient or items in the hospital room, or the patient touches others. Examples are VRE, MRSA, other antibiotic-resistant germs, and *C.difficile*.

Please do:

- Clean hands before entering the room (with alcohol hand cleaner or soap and water)
- Put on gloves and a cover gown before entering the room
- Take off gloves and gown and put them in the trash when you leave the room
- Then clean hands again. Use soap and water at this time if Green Handwashing Card is up, too
- Check with the nurse before taking anything into or out of the room

- DROPLET PRECAUTIONS (BLUE CARD)**

These germs can spread by germ-carrying droplets caused when the patient sneezes, coughs, cries, or talks. These heavy droplets float just a short distance before landing on things or people. Examples are influenza, whooping cough, and meningitis; and colds in older children who can cover their coughs and sneezes.

Please do:

- Clean hands before entering the room (with alcohol hand cleaner or soap and water)
- Put on a yellow mask before entering the room
- Take off mask and put it in the trash when you leave the room
- Clean hands again after leaving the room

☐ **CONTACT/DROPLET PRECAUTIONS (ORANGE CARD)**

May have Green Handwashing Card, too. These germs can spread when people touch the patient or items in the hospital room, or the patient touches others - AND - by germ-carrying droplets caused when the patient sneezes, coughs, cries, or talks. These heavy droplets float just a short distance before landing on things or people. Examples are RSV, influenza and colds, especially in infants and young children who are often picked up and held close.

Please do:

- Clean hands before entering the room (with alcohol hand cleaner or soap and water)
- Put on gloves, a cover gown, and a mask before entering the room
- Take off gloves, gown, and then mask, and put them in the trash can upon leaving the room
- Then clean hands again. Use soap and water at this time if Green Handwashing Card is up, too
- Check with the nurse before taking anything into or out of the room

☐ **AIRBORNE PRECAUTIONS (GRAY CARD)**

These germs can spread by germ-carrying drops that are caused when the patient coughs, sneezes, cries, or talks. These tiny drops can float for long distances in the air and people without masks can breathe them in, so special air control is needed to keep the germs in the room. An example is Tuberculosis.

Please do:

- Talk with the patient's nurse about what kind of mask you should wear, and whether it can be worn more than once
- Put on the mask before entering the room
- Clean hands before entering the room (with alcohol hand cleaner or soap and water)
- Open and close the door only when necessary and always close it quickly and tight
- Take mask off upon leaving the room and either place it in trash or save it for next wearing, if it is the type of mask that can be worn more than once.
- Then clean hands again

☐ **AIRBORNE/CONTACT PRECAUTIONS (YELLOW CARD)**

May have Green Handwashing Card, too. These germs can spread by germ-carrying drops that are caused when the patient coughs, sneezes, cries or talks – AND - when people touch the patient or items in the hospital room, or the patient touches others. An example is: Chickenpox.

Please do:

- Clean hands before entering the room (with alcohol hand cleaner or soap and water)
- Put on gloves, a cover gown, and a mask before entering the room
- Take off gloves, gown, and then mask, and put them in the trash can upon leaving the room
- Then clean hands again. Use soap and water at this time if Green Handwashing Card is up, too
- Check with the nurse before taking anything into or out of the room

Please expect all visitors and healthcare workers to follow these guidelines.

It is fine to ask all healthcare workers to clean their hands before touching your family member. If you have questions, ask your nurse or doctor, or ask to speak with a nurse from the Infection Prevention and Control team.

Clean your hands often and well.

Thank you for helping to stop the spread of germs!