

# Why am I in Isolation?

## Summary Points to Remember

- Isolation rooms are used to prevent the spread of illness
- There are three types of isolation rooms that are used
- Visitors should speak with a nurse before entering an isolation room

To prevent the spread of illness, patients who have or may have an illness that can be passed onto another person are placed into isolation rooms. There are three different types of isolation used, depending on the illness; these are Contact, Contact & Droplet, and Airborne isolation.

## Types of isolation:



### Contact isolation

You have been put into a single room and contact isolation because you may have an illness that can be passed from person to person by touch.

- This means that people will enter your room with gloves and a blue gown on.
- Friends and family can still visit as long as they wash their hands before and after leaving your room. They may also need to wear gloves and a gown while in your room.
- You may be able to leave the room but please ask your nurse first. You will need to wash your hands every time before leaving your room.



### Contact & Droplet isolation

You have been put into a single room and contact/droplet isolation because you may have an illness that can be passed to another person by touch, or by coughing/sneezing

- This means that people will enter your room with a mask, gloves and a blue gown on.
- Friends and family can still visit as long as they wear a mask, gloves and a blue gown, and wash their hands before and after leaving the room. Babies/toddlers are encouraged not to visit as the mask will not fit them properly.
- You may be able to leave the room but please ask your nurse first. You will need to wash your hands every time before leaving your room.



## Airborne isolation

You have been put into a single room and airborne isolation because you may have an illness that can be passed to another person by breathing and coughing.

- This means that people will enter your room with a special mask with a filter (N95 mask)
- The doors to your room will be closed and can only be opened by activating a sensor. Your nurse will explain how to open the doors.
- Friends and family can still visit as long as they put on the special mask (N95 mask) that fits tightly over the nose and chin. Please ask your visitors to check with nursing staff that their mask is fitted correctly. Babies/toddlers are encouraged not to visit as the masks will not fit them properly.
- You may be able to leave the room as long as you wear a mask at all times. But please check with your nurse first.

## What can I do to prevent the spread of illness?

1. Wash your hands after using the toilet and before eating.
2. Cover your mouth when you cough or sneeze then wash or use alcohol based hand rub on your hands.
3. Ensure your personal hygiene is maintained. If required, your nurse can assist you with this.
4. Keep your bedside clean and tidy.
5. If you wish, you may use the cleaning wipes in your room and bathroom.
6. If your room is not being cleaned regularly, please let staff know.

### Contact

Infection Prevention  
and Surveillance Service  
9342 7000

### Patient notes

If you have any questions, please ask your nurse.

Ward 9E VIDS | MH10.04A | Nurse Unit Manager Ward 9 East | Expiry Date October 2017



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