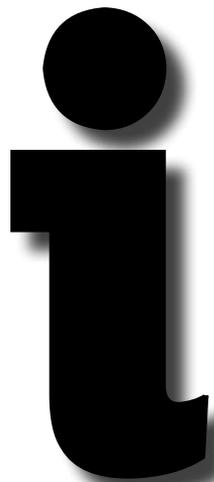


Now that I am in isolation - Some practical advice (page 1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Dear patient,

Because of an infection you are being nursed separately from other patients in a single room. The ward staff will do everything they can to make sure that they do not spread infection (by wearing gloves and an apron for example). But they need your help.

Apart from the treatment of the infection there are three other things that help in the fight against infection:

- keeping the room clean
- reducing the potential breeding grounds for germs
- avoiding spreading infection.

Clean room

It would help the housekeeping staff when they clean your room:

- if you do not leave too many personal items on your bedside table, on the windowsill and round the sink
- keep your toiletries in a wash bag if possible.

Breeding grounds for germs

To prevent the germs from breeding further (which they do in warm or damp areas):

- use hospital towels and single use flannels, because we can dispose of them after use
- if you decide to use your own flannels and towels, please arrange with your relatives for them to be changed every day
- use liquid soap in a dispenser instead of a soap dish. The hospital shop has some liquid soap in stock.

Spreading infection

You can help prevent the infection spreading from one part of your body to another, or from person to person by:

- putting on clean clothes after washing & bathing and if possible, choose cotton night clothes and underwear.
- changing your clothes every day (we suggest that you do not wear clothes that can't easily be washed).
- if you use deodorant, use a spray. Do not use roll-on deodorant (it may pick up the organism causing the infection from your skin).

Infection Control

 **01722 336262 ext. 4089**

- if you cannot avoid touching the areas where you have infection, make sure you wash your hands well before touching other parts of your body.

Coping with isolation

- to help pass the time you could ask relatives or friends to bring items such as books or magazines and writing paper
- you can have daily newspapers and magazines delivered to your room
- please would you ask your visitors to wash their hands thoroughly and use the alcohol hand rub gel before and after visiting you. If they are visiting other patients in the hospital advise them to see them first before coming to see you
- you should not be afraid to ask the staff to wash their hands if you feel that they have not already done so - they will not be offended
- if you are feeling lonely in your single room, please talk to any of our staff. All the staff are happy to talk to you and answer any queries.

Thank you for your co-operation.