



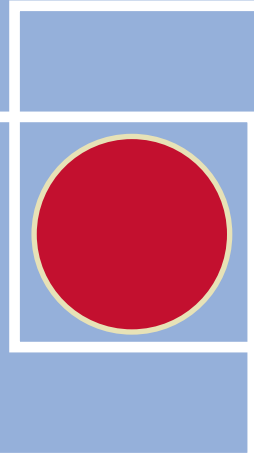
Your Isolation Precautions while in the hospital:

- No special precautions beyond Standard Precautions
- Contact Airborne
- Contact Precautions Plus Droplet
- Airborne/Contact Other _____
- A sign will be placed at the door to your room that states the type of isolation precautions, but will not state the actual type of illness you have.
- The sign lists the protective clothing hospital staff may wear when they are inside your room.
- A nurse will explain the isolation precautions to you and your visitors.
- If you need to leave your room, please ask your nurse to show you the correct procedures. Make sure you clean your hands before leaving.
- Isolation precautions may stop while you are in the hospital. If a change is made, your nurse will tell you and your visitors.
- When you are ready to go home your nurse will teach you about your care and will explain if there are precautions you should follow while at home.



Preventing Infections in the Hospital

How you can help stop the spread of germs



Everyone who goes to a

hospital enters a place

where germs can be found.

Massachusetts General Hospital

is serious about stopping the

spread of germs while patients,

families and visitors are here.

Germs can be spread by

coughing, sneezing and by

unclean hands.

We want to tell you about

three ways you can help stop

the spread of germs:

1 Clean Your Hands: having clean hands is one of the best ways to stop the spread of germs

Everyone should clean their hands:

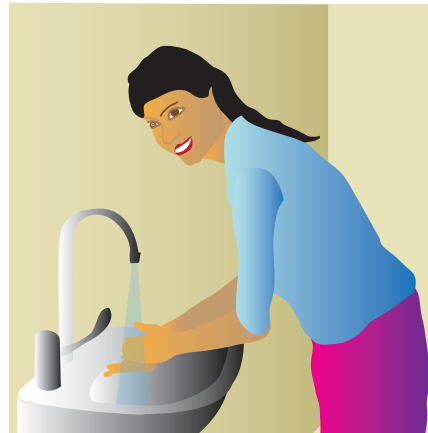
- After using the toilet (wash with soap and water)
- Before eating (wash with soap and water)
- When soiled (wash with soap and water).

Visitors should clean their hands:

- Before and after visiting a patient's room (wash with soap and water or use alcohol hand rub).

Staff must clean their hands:

- Before and after visiting a patient's room
- Before and after they touch you or touch surfaces or equipment (use alcohol hand rub).



Don't be afraid to ask staff if they have cleaned their hands!

2 Cover Your Cough: sneezes and coughs spread germs through small particles in the air

Contain the spread of germs by doing the following:

- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a waste basket.

OR

- Cough or sneeze into your upper sleeve, not your hands.
- You may be asked to put on a mask to protect others.
- Encourage visitors to stay home if they are sick. If visitors have a cough, ask them to “cover their cough” too!



3 Follow Posted Precautions

In the hospital, staff follow what are known as “Standard Precautions” for all patients. These precautions include: cleaning hands; using gloves, gowns or face protection as needed; and cleaning equipment in between each patient.’

While you are in the hospital you may need to be on “Isolation Precautions” to help decrease the chance of spreading germs or illness from you to another person.

There are several types of isolation precautions. Procedures used are based on how the specific germs or illness might be spread.

