



Airborne Isolation Precautions Patient Information

Everyone has germs. Most of them are harmless, some are helpful. A few germs, however, can make you sick. At UCSF Medical Center and Children's Hospital, our goal is to protect our patients, their families and visitors from germs that might make them sick. In the hospital, precautions are used as a way of stopping the spread of germs from one person to another. This page should help answer questions you/your family may have.

? What are "Airborne Isolation Precautions"?

You have been placed on "Airborne Isolation Precautions" because you have (or may have) germs in your lungs or throat that can be harmful to other people. These germs are spread by tiny droplets from your mouth or nose that stay suspended in the air and can be breathed in by other people.

? What will the hospital staff do?

- Clean their hands frequently
- Put an "Airborne Isolation Precautions" sign on your door so staff entering your room know what to do.
- Keep your door closed and wear special masks.

? What can I do to help?

- **Clean your hands often, especially after coughing and sneezing.**
- Keep your door closed at all times.
- Be sure visitors entering your room have read the sign on your door.
- Leave your room only when medically necessary and wear a mask whenever you do.
- Limit your visitors to a few family members or close friends.

? What should my visitors do?

- **Clean their hands upon entering and exiting your room.**
- May wear a mask provided by the hospital staff before entering the room and keep it on while inside.
- Go to the nurse's station if they have any questions.

? How do I clean my hands correctly?

Use soap and water:

- Wet hands with warm water
- Dispense one measure of soap into palm.
- Work up lather by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers.
- Rinse hands thoroughly
- Dry hands with paper towel.
- Use a towel to turn off faucet.
- Discard towel in the trash container.

Use Alcohol Gel:

- Dispense one measure of gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, about 15-20 seconds.

It is okay to remind our staff to clean their hands!

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