



Droplet 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 "Droplet Isolation Precautions"?

You have been placed on "Droplet 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 to other people by the droplets sprayed from your mouth or nose when you speak, sneeze or cough, and can also be picked up when people touch the surfaces around you.

? What will the hospital staff do?

- Clean their hands frequently
- Put a Droplet Isolation Precautions sign on your door to let staff entering your room know what to do.
- Wear a mask and eye protection when entering your room.
- Place masks outside your door for use by hospital staff and visitors.

? What can I do to help?

- **Clean your hands often, especially after coughing and sneezing.**
- 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. **Brothers and sisters of pediatric patients on Droplet precautions are discouraged from visiting the nursing unit.**

? What should my visitors do?

- **Clean their hands upon entering and exiting your room.**
- Put on a mask & eye protection before entering the room and keep it on while inside (recommended).

? 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!