

Respiratory Viruses (Influenza, RSV, parainfluenza, adenovirus)

This information is provided in the form of general guidelines. Specific questions related to your situation should be addressed to your physician, nurse, or the Infection Control office at (415) 353-4343.

Respiratory viruses are spread via respiratory secretions through close contact with infected persons or contact with contaminated surfaces or objects. Infection can occur when infectious material contacts mucous membranes of the eyes, mouth, or nose, and possibly through the inhalation of droplets generated by a sneeze or cough.

? What is done at UCSF to prevent the spread of respiratory viruses?

- Staff who are ill are restricted from working with patients
- Staff clean their hands frequently
- UCSF uses DROPLET PRECAUTIONS for patients with symptoms of an upper respiratory infection
- Staff will put a **YELLOW** “STOP” sign on your door to and wear a mask with eye protection when working up close with you.
- Masks are placed 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, or visit with friends by phone.
- Remember that young children are encouraged NOT to visit patients with respiratory viruses.

? What should my visitors do?

- **Clean their hands upon entering and exiting your room and after touching your hands.**
- Interact with you normally but minimize facial contact with you (like kissing) and contact between their hands and face (like rubbing nose or eyes)
- Wear a mask with eye protection when they are up close with you – this helps remind them not to touch their face.
- Get an influenza vaccination.

? 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.