

## Respiratory Viruses (Influenza, RSV, parainfluenza, adenovirus, metapneumovirus, rhinovirus)

This info sheet gives you general guidelines. Address specific questions about to your situation with your doctor or nurse.

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

### ? How does UCSF reduce the spread of respiratory viruses?

- Staff who are ill may not work with patients
- Staff clean their hands frequently
- Patients with symptoms of an upper respiratory infection are placed in DROPLET ISOLATION PRECAUTIONS
- Staff will put a DROPLET ISOLATION PRECAUTIONS sign on the door and wear a mask with eye protection when inside your room.
- 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.**
- Behave normally with you 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.

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