

# Infection Prevention Control while you are in isolation

You may be wondering why you have been placed in a private room by yourself, and perhaps you are feeling lonely or worried.

This Information Leaflet is to help you to understand why it has been necessary to care for you in a single room (in isolation) and to make your stay in isolation as comfortable and pleasant as possible. This is a normal procedure and there is no need for you or your family to worry. If you feel frightened or lonely you can still stay connected with your family through other means eg video calls.

## Why am I in isolation?

It is necessary in your own interests (and those of fellow patients) that you are temporarily nursed away from the main ward. This reduces the risk of either undetected infection or your illness/infection being passed on to other patients.

It also reduces the risk of you contracting any infection whilst your resistance is low.

We do not know how long your isolation will last for, but nursing staff will keep you fully informed of your progress. They will tell you as soon as you can return to the main ward or be discharged.

Isolation usually only lasts for a few days, but sometimes this may be longer. Please ask the nurses any questions you have about your isolation or treatment.

## What is going to happen to me?

An Isolation Room sign will be placed on your door – this is normal procedure.

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Your care will continue as normal. You might notice that the staff wear plastic aprons, gloves and face masks when working in your room and throughout the ward. Please don't worry about this, it is all part of normal isolation procedure to stop harmful germs being passed on to you or other patients.

### **How can I help myself?**

- Please stay in your room unless a member of staff tells you otherwise.
- Keep your door closed at all times. If you have any concerns about this please discuss with the staff caring for you.
- Should you require any help or assistance, there is a call button by your bed for you to press, which will bring a nurse to you.
- Please do not be afraid to ask questions.

Remember that staff are here to help you get better and want you to be as comfortable and happy as possible. It is good for you to be involved in your care and treatment. The nursing staff will keep you informed of anything they wish you to do.

### **Visitors**

During the pandemic, visitors may be allowed at the discretion of the ward manager, however, all visitors must wear a Fluid Resistant Surgical Mask (FRSM).

### **Additional information**

The Infection Prevention Team are always available to offer advice or information to patients, staff or visitors on Infection Prevention Control matters.

If you would like further information about your infection, please ask your named nurse to contact one of the Infection Prevention Team who will be happy to help you.

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

February 2021 V1



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