

- Visits are limited (maximum 2 people). Visitors must:
  - Not have symptoms of contagious disease (cold, cough, fever, etc.).
  - Not bring **flowers or potted plants**.
  - Ask the nursing staff for **information on** their first visit.
  - Take off their coats and jackets before entering your room.
  - **Wash their hands before entering** your room.
  - Put on a **surgical mask** before entering your room and remove it **on exiting** your room.
  - Avoid contact involving removal of the mask.
  - Avoid **sitting on your bed**.
  - Avoid using your toilet.

**Don't hesitate to ask the doctor and nursing staff any questions you think might be useful.**

We are available to answer any further questions you may have.

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#### Useful links

[www.acteurdemasante.lu](http://www.acteurdemasante.lu)  
[www.hopitauxschuman.lu](http://www.hopitauxschuman.lu)

## INFECTION PREVENTION AND CONTROL DEPARTMENT



# PROTECTIVE ISOLATION

## THE AIMS OF PROTECTIVE ISOLATION

Your immune system is weakened. This is why a series of simple measures tailored to your situation are taken to reduce the risk of you being exposed to germs.

## PROTECTIVE MEASURES

Generally speaking:

- You will have a single room (at no extra cost).
- During your treatment, staff may be required to wear personal protective equipment (masks, gloves, gowns, etc.).
- Ensure good hand hygiene\* (see videos 1 and 2).
- When moving around outside your room (**to be kept to a minimum**):
  - You must **disinfect your hands**\* (see video 2) using a hydro-alcohol solution before and after leaving your room.
  - You must wear a **surgical or respiratory mask (FFP2)**.
- Make sure you maintain good personal hygiene wear only clean clothes.
  - You should wash your body daily with liquid soap. Particular attention should be paid to skin folds (armpits, inguinal folds, etc.)
  - Your flannels and towels must be changed daily. For greater convenience, use the towels and flannels provided by the hospital.
  - Keep your fingernails and toenails short and clean.
  - Your clothes and pyjamas must be changed daily and kept clean.

If you have any further questions, our teams are here to help.

### \*HAND HYGIENE TECHNIQUE

	Wash hands with soap and water	Disinfect hands with a hydro-alcoholic solution
<b>WHEN ?</b>	When they are visibly dirty or soiled. After going to the toilet. After blowing your nose and after sneezing	When you enter and leave the room
<b>HOW ?</b>	Soaping your hands rigorously for 40-60 sec while following the listed recommendations displayed next to the washbasins	Apply 2 squirts of hydro-alcoholic solution to the palm of the hand and rub for 20-30 seconds, following the recommendations displayed next to the distributors

In these videos, you'll discover all the steps involved in effective hand washing 1 and hand disinfection 2.  
All you have to do is scan these QR codes with your phone.



- Your personal items must:
  - Be **as limited as possible**.
  - Be **disinfected before entering your room** using a detergent/disinfectant available at the hospital.
  - To **stored tidily** to ensure that your room is easy to clean.
- Please report any infectious symptoms to the care team, such as:
  - possible fever,
  - sore throat,
  - mouth or skin lesions,
  - cough,
  - urinary burning,
  - intestinal transit problems,
  - other...
- Depending on the extent of your immune deficiency, a diet low in germs may be prescribed.
- You may not be allowed to eat „homemade“ preparations made with raw eggs (mayonnaise, chocolate mousse, etc.).
- For food brought to you from outside the hospital, it is essential that you respect their conservation dates and storage conditions (fridge between 4 and 6°C).
- Drink bottled water whenever possible. Once opened, it should be kept for 12 hours in the fridge and 8 hours at room temperature.