

- 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.

Hôpitaux Robert Schuman

9, Rue Edward Steichen, L-2540 Luxembourg
T +352 286 911
www.facebook.com/hopitauxrobertschuman
www.hopitauxschuman.lu

Infection Prevention and Control Department

9, rue Edward Steichen
L-2540 Luxembourg

☎ +352 2862 3668

Useful links

www.acteurdemasante.lu
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
WHEN ?	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
HOW ?	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.