What are precautionary measures?

- **What are they?**

Precautionary measures (isolation) are those to be taken in patients known or suspected to have an infectious disease or in whom a germ resistant to antibiotic treatment has been detected.

- **Why are they done?**

These are measures taken to prevent transmission to other patients.

- **What should be done?**

The patient should stay in his room during his admission in order to prevent transmission from one patient to another.

- **How should this be done?**

Before entering the room:

1. Perform hand hygiene with alcoholic lotion.
2. Put on a gown.
3. Gloves if necessary inside the room (if performing patient hygiene, or assisting in the wc-bedside commode).
4. If the patient has a respiratory infection, is coughing or sneezing, a mask will be needed as indicated on the sign on the door of the room.

Before leaving the room:

1. Remove gloves (throw them in the trash).
2. Remove the gown (throw it in the bag provided for this purpose).
3. Clean your hands with alcohol-based hand sanitizer.

Out of the room:

1. If worn, remove mask.
2. Clean your hands with alcohol-based hand sanitizer.

- **When the patient is discharged, what should be done?**

Precautionary measures (isolation) are carried out in the hospital to prevent patient-to-patient transmission, once the patient is at home it is not necessary to use a gown or gloves, since there is no risk of contagion to other patients.