

What to Expect if You Have Been Placed in Isolation at UHN due to Suspected or Confirmed COVID-19

Information for patients and families

This pamphlet has information about:

- Why you were placed in isolation
- What types of precautions are being used for COVID-19
- What to expect
- Who to talk to if you have questions



Why was I tested for COVID-19?

You were tested because you had symptoms of COVID-19.

Why was I placed in isolation?

- The hospital uses special steps called additional precautions (isolation) to prevent spreading infections (germs) to patients, visitors and staff. We use different types of precautions depending on how germs spread.
- You have been placed on additional precautions because we suspect or have confirmed you have an infection that is contagious.

What types of precautions are being used for COVID-19?

What can I expect?

UHN uses Contact and Droplet Plus precautions to protect your health care team and other patients.

You may be placed in a room by yourself. All of your care will be provided inside your room. Signs will be placed outside of your room to explain the steps everyone must follow before entering.

Everyone entering your room must follow all of these steps.

- Wash hands with alcohol-based hand sanitizer
- Put on a yellow gown
- Put on a surgical/fluid-resistant mask
 - Health care providers will wear a specially-fitted, N95 respirator mask.
- Put on protective eyewear (face shield)
- Put on gloves

All these items can be found on the isolation cart outside your room.

Can I have visitors?

In most cases, you may have Essential Care Partners visit. There are limits on how many visitors you can have at one time. Speak with your care team for current limits.

All Essential Care Partners and visitors must:

- Pass self-screening at the hospital entrance or using the uhnpatientscreen.ca online tool.
- Be fully vaccinated against COVID-19, with a full series of Health Canada-approved vaccine. It must have been at least 14 days since the final dose.
- Wear a medical mask while inside the hospital at all times. Masks are available at hospital entrances. Masks can only be removed in areas designated for eating and drinking, such as the food court.
- Clean their hands when entering the hospital and throughout the visit.
- Follow all isolation precautions on the signs outside of your door when entering and leaving.
- Follow all other safety instructions given by the care team throughout their visit.

Essential Care Partners will not be allowed to enter the hospital if they:

- have any symptoms of COVID-19.
- had any close contact within the last 10 days with someone who has tested positive for COVID-19 or is suspected of having COVID-19.

If you had recent contact with your Essential Care Partner at home or in the hospital, they will not be able to enter the hospital for **10 days** from **the last day they had contact with you**. This is to limit the spread of COVID-19 in the hospital.

Essential Care Partner access may change without notice, in response to COVID-19 case numbers and hospital capacity. We do our best to keep this information up to date, but please confirm the current ECP access allowance with your care team.

For more information, please visit [UHN's COVID-19 webpage](#) or read the [Limits on Who Can Enter UHN during COVID-19 and ECP and Visitor Guide](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Limits_On_Who_Can_Enter_UHN_During_COVID19.pdf) (https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Limits_On_Who_Can_Enter_UHN_During_COVID19.pdf).

What is considered close contact?

Close contact is when you have been in close physical contact with someone who has tested positive for COVID-19 or has symptoms of COVID-19 within the last 10 days. This includes living in the same home or being less than 2 metres or 6 feet away from someone for more than 15 minutes without a mask.

Am I allowed to leave my room if I am on precautions?

We will provide all of your care in your room.

You may only leave the room if a staff member from the Infection Prevention and Control (IPAC) team says it is safe to do so.

- Before leaving the room, you must wash your hands and wear a clean blue hospital gown or clothing.
- You must wear a mask when leaving your room for any reason. Ask your health care team for a mask.

What can I do to help prevent the spread of COVID-19 while in isolation?

- Wash your hands often with soap and water, or alcohol-based hand sanitizer. This is especially important after you cough or sneeze.
- Follow good respiratory etiquette. This includes covering your mouth and nose with a disposable tissue or your sleeve when coughing or sneezing.
- Do not leave your room.

- Wear a mask when interacting with your health care team or visiting with your Essential Care Partner. Ask your health care team for a mask.
- Remind any visitors to follow the necessary precautions when they visit with you.

How long will I be on special precautions?

This is different for each person. The Infection Prevention and Control (IPAC) team assesses all patients on precautions and talks with your health care team every day. You will be on precautions until you meet the hospital's criteria for coming off of precautions.

What if my test for COVID-19 is negative?

If your test is negative, your care team will review your health and decide the safest next steps for you.

Who can I talk to if I have questions?

If you have questions or concerns about COVID-19 while you are at UHN, please speak to your health care team.

Where can I get more information?

The information about COVID-19 changes as new information becomes available. It is important to get your information from reliable sources. If you have questions about COVID-19, or other health concerns, you can call the following agencies, or visit their websites.

University Health Network

[UHN COVID-19 website](https://www.uhn.ca/covid19) (<https://www.uhn.ca/covid19>)

Government of Ontario

Health Connect Ontario (formerly Telehealth): 1 866 797 0000

[Government of Ontario COVID-19 website](https://covid-19.ontario.ca) (<https://covid-19.ontario.ca>)

Toronto Public Health

Helpline: 416 338 7600

[Toronto Public Health website](https://www.toronto.ca/health) (<https://www.toronto.ca/health>)

Public Health Ontario

[Public Health Ontario website](https://www.publichealthontario.ca) (<https://www.publichealthontario.ca>)



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