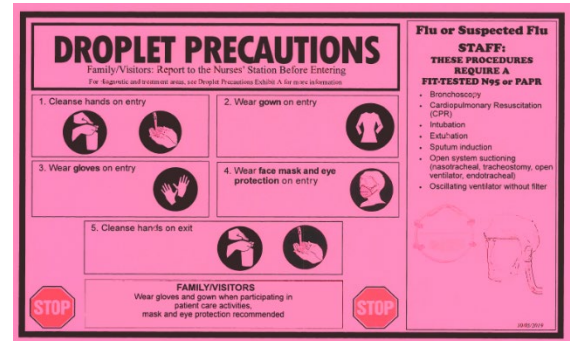


Droplet Precautions

What are “Droplet Precautions”?

Droplet Precautions are a way to protect other patients, family members, visitors, and staff from getting sick by coming into contact with infected fluids (in the form of droplets) from people who have certain diseases. **Droplets** are extremely small drops of fluid released from the body through coughing or sneezing. These droplets can then spread by hand-to-hand contact, close contact with people who are coughing or sneezing, or touching items that have gotten droplets on them. There will be a pink Droplet Precautions sign on your door.

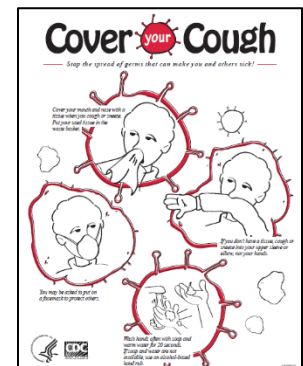


Why are staff wearing masks, gloves, and gowns?

Staff going into your room will wear gloves, gowns, masks, and eye protection. This is to protect themselves from getting your infection and to prevent the spread of germs to other patients, because they take care of several patients each day. They will throw the gloves, gowns, masks, and eye protection away and clean their hands before leaving your room.

What does “cover your cough” mean?

“Cover your cough” means that you should wear a mask if you have **respiratory symptoms** (coughing, sneezing, runny nose, sore throat, etc.), and that you should cough or sneeze into a tissue or into your arm. After coughing or sneezing, you should clean your hands. This is a simple way for everyone to prevent the spread of certain respiratory diseases.



When will Droplet Precautions end?

You will need to stay in Droplet Precautions until the doctor says that there is no longer a risk of spreading germs to other people.

Can I leave my room?

As long as your doctor says that you may have an active disease, you need to stay in your room. If you must leave your room for some reason, ask your nurse first. If you do leave your room, you must:

- Wear clean clothing or a clean hospital gown
- Wear a mask
- Cover your coughs and sneezes
- Clean your hands by washing them with soap and water or the hand sanitizer
- Have your nurse clean any medical devices that you will take with you

Where can I go outside of my room?

If your doctor or nurse says you can leave your room, you can go to most public areas of the hospital. However, **you are not allowed to go to the following areas:**

- The cafeteria
- Family lounges
- Child Life activity areas (including school and the Michigan GameDay Experience)
- Visiting other patients or their visitors

Ask your nurse if it is okay for you to go to other areas that are not listed above.

Can my family members and friends visit me?

If your family members or visitors have symptoms of a respiratory infection (like a cold, the flu, COVID, etc.), they will not be allowed to visit you. This is to prevent them from infecting other people in the hospital. Your medical team may make an exception for sick family or visitors to visit you if there are special circumstances. Ask your nurse if you are unsure whether your family or friends can visit you.

Do my family members and visitors need to wear masks, gloves, or gowns?

We recommend that family members and visitors wear a gown and gloves if they will be participating in patient care activities (such as bathing, wound care, tracheostomy care, etc.), and that they wear a mask and eye protection when they are within 3 feet of you. Wearing a mask will protect them from getting sick. Wearing a gown and gloves will reduce the spread of germs out of the room on their clothing. If your family members or visitors develop any respiratory symptoms while visiting you, they should put on a mask and let your nurse know immediately.

Where can my family and visitors go outside of my room?

Your family and visitors must remember to clean their hands with soap and water or the hand sanitizer when they leave your room. They can go to most public areas of the hospital, but they are not allowed to go to these areas:

- Nutrition Room
- Child Life activity areas (including school and the Michigan GameDay Experience)
- Visiting other patients or their visitors

Thank you for your help with following these precautions. It will help keep other people from getting sick.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

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