



Staying safe while in isolation

Patient information

Further information

Your healthcare team is here to keep you safe and comfortable during your hospital stay. If you have any questions or concerns, don't hesitate to ask. We're here to help!

Please scan the QR code to read more about falls management.



Sir Charles Gairdner Hospital

- 📍 Hospital Ave, Nedlands WA 6009
- 📞 (08) 6457 3333
- 📞 Short Stay Unit (08) 6457 4181
- 📞 Hearing impaired (TTY) (08) 6457 3900
- 🌐 scgh.health.wa.gov.au

This document can be made available in alternative formats on request.



I am in isolation because of

What does isolation mean?

Isolation means you'll stay in your own room, with the door closed.

Hospital staff might wear special clothes, such as aprons, gowns, gloves and masks, when they come in to keep everyone safe from infections.

You may be in isolation for the duration of your hospital stay but your doctor will advise.



How can I reduce my risk of falling?

Isolation in hospital can be challenging but staying safe is essential. Your healthcare team is working to ensure your safety, and you can help, too. Here's how to reduce your risk of falling during your hospital stay.

Asking for assistance

- Please use your call bell to call for assistance.
- A staff member will be with you as soon as possible
- Stay in the chair or bed until a staff member can attend.

Making your room safe

- Keep your room tidy, with clear walkways.
- Use a night light for better vision and spotting hazards.
- Be careful in wet areas, such as the bathroom.
- Keep things you need within easy reach

Using mobility aids safely

- If you need a walker, stick or wheelchair, use as advised by your physiotherapist .
- If your health professional has recommended assistance to get in and out of bed or your chair, please use the call bell for help.

Move safely

- Do the exercises your physiotherapist has recommended to get stronger.
- Sit out of bed during the day if your doctor has suggested you do so.

Diet and fluids

- Drink plenty of fluids if you're not on a restriction.
- Let your medical team know if you have concerns about your diet.

Know your medications

- Some medications can affect your balance or make you feel dizzy.
- Ask your doctor or pharmacist about any potential side effects.

Stay connected

- Family and friends can support you emotionally and help make your room safe.
- They may visit - please refer to nursing staff for restrictions and visiting times.
- When they can't visit, stay in touch via phone, email or letters.
- Keep your phone within easy reach.
- Stay mentally active - read the news, participate in daily routines, keep track of time and avoid excessive daytime sleeping.

