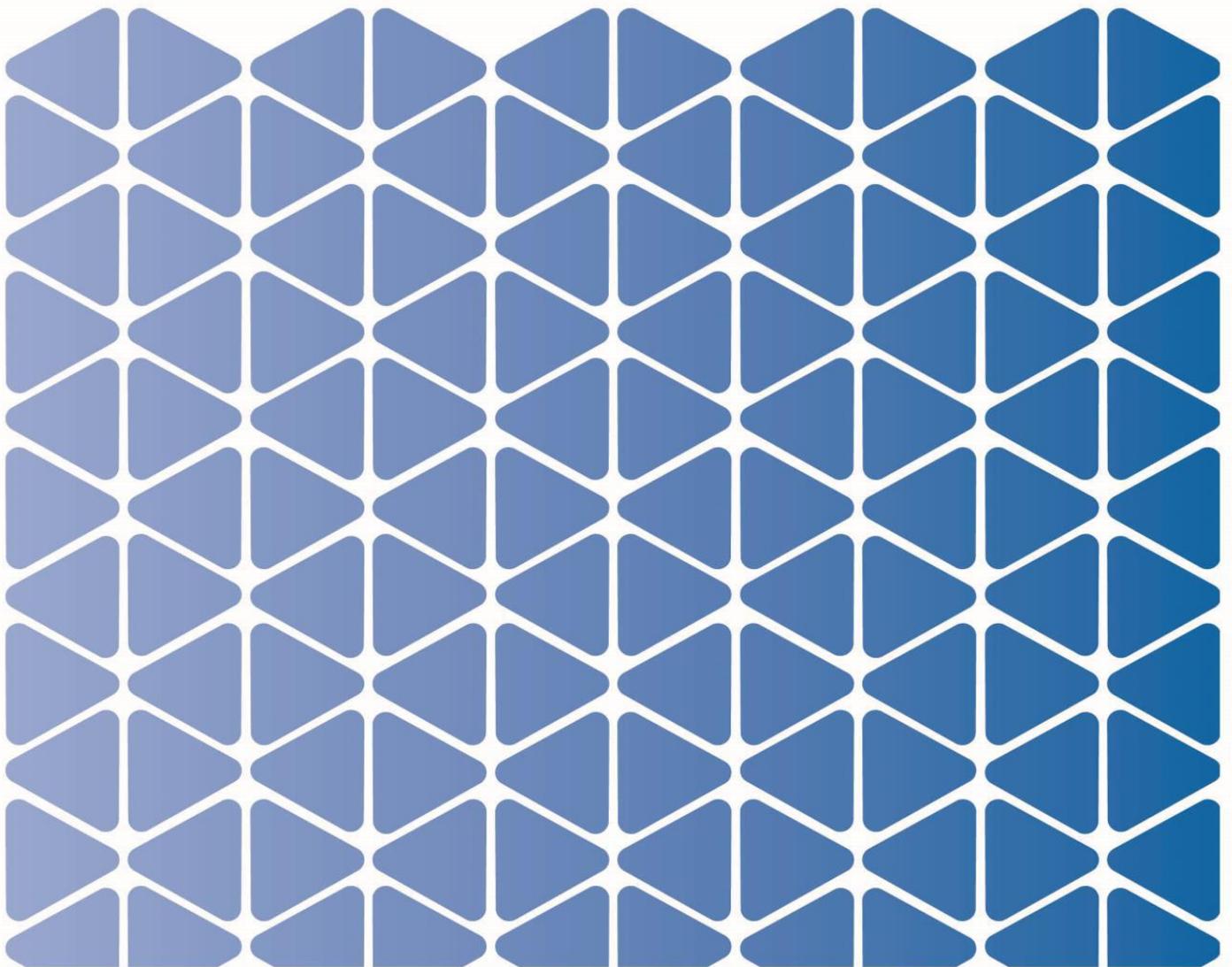




PATIENT INFORMATION

# TB SERVICE

## HOME ISOLATION POLICY



## **Home Isolation Policy**

A patient guide and practical advice on how to prevent the spread of tuberculosis (TB)

### **What is TB?**

TB in the lungs and throat is a serious infectious illness. TB is spread from person to person through the air when you cough, talk loudly, sneeze, laugh or sing.

### **What is home isolation?**

This is when you are required to stay at home and limit your activities to prevent the spread of infectious TB. This means avoiding enclosed public spaces and other areas where lots of people gather together.

### **How long will I need to be in home isolation?**

At least 2 weeks but it might be longer. Your nurse or doctor will tell you when you can stop home isolation.

### **How do I protect people around me at home?**

- ✓ It is ok for you to continue living with the same people as before your TB diagnosis. They will automatically be contacted by your nurse for TB screening.
- ✗ Do not have new visitors to your home
- ✗ Stay away from people who have a greater risk of catching TB, e.g. young children and people with a weak immune system.

**Please note – TB is not spread by sharing plates, cups or utensil, or on clothing, linen or furniture. It cannot be spread through using a toilet or by touch, such as shaking hands.**

### **How to protect the people around me in the community?**

You should stay at home but you can go outside for a walk, avoiding crowded areas.

- ✓ Keep your TB appointments
- ✓ Reschedule other routine appointments e.g. the dentist and other medical appointments. If you think the appointment is urgent, you should phone them in advance to discuss.
- ✗ Avoid public transport
- ✗ Stay off work/college
- ✗ Do not go to enclosed public spaces such as shops, cinemas, restaurants, gyms and libraries.
- ✗ Do not go to places of worship e.g. mosque, church, temple.
- ✗ Do not attend community and family gatherings.

If you need a letter from hospital for work, school/college to explain your absence please ask your doctor or nurse.

If you require emergency care, make sure that you tell the ambulance team and hospital that you are being treated for TB.

### **Tips for coping with home isolation**

Home isolation can be difficult but it is necessary to prevent the spread of TB. Remember this is temporary and as long as you take your medicines properly you will return to normal life soon.

- ✓ Try to have a routine
- ✓ Go out for a walk
- ✓ Keep in contact with family and friends by telephone or email

### **What are my responsibilities?**

- ✓ Comply with home isolation
- ✓ Cover your mouth and nose with a tissue when you cough or sneeze, and put this in the bin after every use.
- ✓ Take your medicines as instructed and attend your TB appointments.

### **Who can I contact for more information?**

TB Specialist Nurses – Tel No: 01562 512316

### **What kind of support can I get?**

The charity TB Alert provides information and support for people with TB through the website [www.thetruthabouttb.org](http://www.thetruthabouttb.org) You can also receive support from someone who has had TB – to find out more go to [www.thetruthabouttb.org/get-support/](http://www.thetruthabouttb.org/get-support/) or call 01273 234 030.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.