The following are some of the behavioral health considerations to take into account when a person is in medical isolation.

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<tr>
<th>Inform</th>
<th>Support</th>
<th>Triage</th>
<th>Treat</th>
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<tbody>
<tr>
<td><strong>Patients</strong></td>
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<tr>
<td>Provide information, in native languages, about common responses to isolation.</td>
<td>Provide a supportive environment and relationships with patients - encourage exercise, visits, favorite foods, and home reminders as appropriate.</td>
<td>Assess for mental status upon initiation and periodically throughout isolation.</td>
<td>Refer to psychiatrist or licensed mental health practitioner for further assessment or treatment.</td>
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<td>Use professional interpreters if needed.</td>
<td>Provide basic supportive counseling and respond promptly to call lights.</td>
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<td>Employ suicide precautions as applicable.</td>
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<tr>
<td>Use multiple modes to communicate information about stress and isolation.</td>
<td>Provide access to communication means.</td>
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<td>Know common reactions to isolation and potential for depression and anxiety symptoms.</td>
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<td><strong>Staff</strong></td>
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<td>Provide information and frequent updates about risks of working with patients.</td>
<td>Provide break area away from isolation unit.</td>
<td>Supervisors regularly assess stress level, coping, and fitness for duty of workers.</td>
<td>Provide referral information for in-house or community resources (e.g. Employee Assistance Program).</td>
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<td>Praise and thank workers.</td>
<td>Consider mandatory breaks.</td>
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<td>Control rumors by dispensing regular, accurate information to all staff.</td>
<td>Hold regular staff meetings that include mental health support.</td>
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<td><strong>Patient Families</strong></td>
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<td>Obtain release of information from patient so family can be informed of patient progress.</td>
<td>Inquire about spiritual needs.</td>
<td>Monitor stress and expressions of distress of family.</td>
<td>Provide referral information (for community or hospital resources that the family may access as needed).</td>
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<tr>
<td>Provide accurate information about isolation precautions, common responses, illness, and risks to patient and others.</td>
<td>Encourage family members to take frequent breaks from hospital setting, get adequate sleep and nutrition.</td>
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<td>Consider informing family prior to releasing information to media.</td>
<td>Encourage family members to accept help from others.</td>
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<td>Keep family informed while at or away from your facility.</td>
<td>Create space for family members to gather away from media.</td>
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<td><strong>Community</strong></td>
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<tr>
<td>Provide frequent updates to the media and your community in multiple languages.</td>
<td>Consider arranging for a location outside of hospital (or your facility) for community members to gather if needed or desired.</td>
<td>Consider providing interventions or referral training to community members in a position to detect stress or distress in others (e.g. teachers, clinic nurses, faith leaders).</td>
<td>Provide a listing of potential referral sources to media for dissemination to the public along with information about when to seek help.</td>
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<td>Release information about how people can be most helpful to those affected by isolation precautions.</td>
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<td>Release technical information to community health professionals and hotlines.</td>
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