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As a parent, you know your child best. Our team would like to partner with you to keep your child safe during their hospital stay. This information is for parents or guardians whose child has been found at risk for suicide. **Let us know right away if you have any concerns about your child's safety.**

## What are suicide precautions?

Suicide precautions are a way to help protect your child from harming themselves on purpose or attempting suicide while in the hospital. If your child has been screened as a risk for suicide, then your child's care team will choose the level of suicide precautions advised for your child. The levels are:

- Level Red (high suicide risk). A member of the care team will monitor your child in person at all times.
- Level Yellow (moderate suicide risk). A member of the care team will monitor your child by video or in person at all times.
- Level Green (low suicide risk). A member of the care team will assess your child carefully for any changes in behavior that may show they need further monitoring or evaluation.

The following information is for parents whose child is on Level Red or Yellow suicide precautions.

## What can I expect during one-on-one monitoring?

Our main concern is your child's safety. If your child is placed on Level Red suicide precautions, then a member of the care team will stay with your child at all times. They will stay within arm's reach. This will include, but is not limited to:

- When your child uses the bathroom, bathes or showers.
- When you are present.
- When your child leaves their room.

If your child is placed on Level Yellow suicide precautions in the emergency department (ED), then a member the care team will watch your child by video in his room at all times (even when you are present). If your child needs to stay in the hospital, a member of the care team will stay within arm's reach of your child at all times. This will include when your child needs to:

- Use the bathroom.
- Take a shower.
- Leave their room.

## How will my child's care team create a safe environment?

It is important to make your child's room as safe as possible during their hospital stay.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Suicide precautions, continued

Your child’s care team will:

- Do a safety sweep each shift [or every 4 hours if your child is in the emergency department (ED)] and any time new items are brought to your child’s room. Items that may pose a risk for harm will need to be removed. A safety sweep is a thorough search of:
  - Your child
  - Your child’s things
  - Your things
  - Your child’s room and bathroom
- Ask you to help watch for things that might be dangerous.
- Provide a safe place to store items (such as your car keys, purse, wallet, bag or medicines) during your child’s hospital stay. You may choose to return these items to your car. If your things do not fit in the safe place, you may need to return them to your car.

## What is a safety sweep?

During a safety sweep, the care team will find and remove items that put your child at risk for harm.

This includes, but is not limited to:

Things that may cause your child to choke or suffocate	Things that are sharp	Things that may cause a burn	Things that your child may try to swallow	Things to access social media
<ul style="list-style-type: none"> <li>• Plastic bags</li> <li>• Belts or scarves</li> <li>• Shoestrings</li> <li>• Clothing with drawstrings</li> <li>• Electronic devices with cords/chargers</li> <li>• Tape</li> <li>• Large rubber bands</li> <li>• Jewelry</li> </ul>	<ul style="list-style-type: none"> <li>• Razor</li> <li>• Nail clippers</li> <li>• Piercings</li> <li>• Pocket knife</li> <li>• Mirror</li> <li>• Pencils or pens</li> <li>• Scissors</li> <li>• Staples or paperclips</li> <li>• Soda cans</li> <li>• Popsicle sticks</li> <li>• Metal silverware</li> </ul>	<ul style="list-style-type: none"> <li>• Blow dryer</li> <li>• Curling iron</li> <li>• Lighter</li> </ul>	<ul style="list-style-type: none"> <li>• Medicines</li> <li>• Cleaning solutions</li> <li>• Batteries</li> <li>• Toiletries</li> </ul>	<p>Items removed for patients on Level Red precautions:</p> <ul style="list-style-type: none"> <li>• Cell phone</li> <li>• Laptop</li> <li>• Electronic tablet</li> </ul>

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# Suicide precautions, continued

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Some things that may be a safety risk cannot be removed from your child's room. These things may be fixed in the room, or your child may need them for their care. You and your child's care team need to be extra aware that these things may be a safety risk. These may include:

- Call light
- Monitor cords
- Curtains
- I.V. tubes
- Showerhead cord
- Curtain

## Can my child have visitors?

You may stay in the room with your child. If your child is placed on Level Red precautions, other visitors and family members are not allowed to visit. This is to protect your child's privacy and provide a healing environment. There will be a sign on your child's door that asks unplanned visitors, family members and staff members to check in at the nurses' station before they enter the room.

## Can my child have electronic devices?

- If your child is placed on Level Red precautions, your child may not have electronic devices that access the internet or social media. The internet and social media can trigger negative responses for your child.
- If your child is placed on Level Yellow precautions, your child may have electronic devices. Closely monitor their use.
- Electronic devices can be important for you to stay connected on a daily basis while your child is in the hospital. For this reason, you are allowed to have electronic devices in your child's room. .
- If your child is placed on Level Red precautions, you are not allowed to share your electronic devices with your child. If you share your devices, you will be asked to remove them from your child's room and place them in a safe place. This will be strictly enforced to help keep your child safe and to keep his plan of care consistent.

## Can my child leave his room?

If your child is on Level Red precautions, you must stay in the hospital room at all times. If your child needs to leave their room for a medical test or treatment, a member of the care team will go with your child and stay within arm's length at all times.

If your child is on Level Yellow precautions, your child may leave the room but must stay with a member of the care team. The team member will stay within arm's length at all times.

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# Suicide precautions, continued

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## How can I best support my child while they are on suicide precautions?

- Listen and talk calmly to your child.
- Do not promise to keep secrets.
- Tell your child's nurse right away if your child:
  - Tells you something important about their feelings.
  - Talks or acts in a way that you feel they may harm themselves.
- Share with your child why the environment is controlled. Tell them that safety is everyone's main concern.
- Take care of yourself.
  - Ask for help from family and friends.
  - Take breaks when you need them.
  - Social workers and chaplains are here to help support you. There is also a chapel for you to use.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**