
Our staff will use hand hygiene and will wear one or more throwaway items when caring for your child – masks, gowns and/or gloves. This is to help prevent the spread of germs (bacteria and viruses) from your child to others and from others to your child. We call these items personal protective equipment (PPE) for “Isolation.”

How can I help prevent the spread of germs?

Good hand hygiene is the best way to help prevent the spread of germs. Clean your hands well when you enter and leave your child's room. You may either wash your hands with soap and water or use an alcohol-based hand gel or foam.

Follow these steps when washing your hands:

1. Wet your hands with warm water.
2. Put a small amount of soap on your hands.
3. Rub your hands together for at least 20 seconds. Wash between your fingers, the back of your hands, and under your nails.
4. Rinse your hands well with water.
5. Dry your hands well with a clean paper towel.
6. Use another clean paper towel to shut off the water.

You may use an alcohol-based hand gel or foam if you do not see dirt on your hands.

- If using gel, use a dime sized amount.
- If using foam, use a golf ball sized amount.

Can my child have visitors?

Hospital visiting guidelines may change at times. Talk with your child's care team for the most current information.










What else do I need to know about isolation?

- **Toys, games and books:** Do not bring items you do not need to your child's room. Anything that goes into the room must remain there until it is cleaned.
- **Masks:** The care team will let you know if you need to wear a mask.
- **Activity:** Your child must stay in their room as long as they are in isolation. Talk with the nurse about whether Child Life can bring activities to your child's room.
- **Moving outside the room:** If your child must be moved to another area for tests or treatments, they may have to wear a mask.
- **Food:** Patient food stored in a unit refrigerator must be in covered containers, labeled and dated. Food items removed from the refrigerator and taken into your child's room may not be returned to the unit refrigerator. This is to help prevent the spread of infection.

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

Isolation in the hospital, continued

This chart shows types of isolation that may be used in the hospital. It also shows what you and our staff need to wear while caring for your child. We may ask you to wear other items in addition to those listed below. Please talk with the care team if you have any questions.

	Patient, family and visitors				Staff				
	Hand hygiene	Gloves	Gown	Mask	Hand hygiene	Gloves	Gown	Mask	Eye protection
									
Contact	✓				✓	✓	✓		
Contact - Handwashing Required	✓				✓	✓	✓		
Enhanced Contact-Droplet	✓			When leaving room	✓	✓	✓	✓	✓
Droplet	✓			When leaving room	✓			✓	✓
Airborne	✓			At all times	✓			✓	✓
Protective environment	✓			Patient only, when leaving room	✓				

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.

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