

Name of Child: _____ Date: _____

Isolation

A person may have a germ that can spread to others and cause illness. When children in the hospital have these germs, we have ways to keep them from spreading to others. We control the spread by following rules called **isolation precautions**.

Children in isolation precautions receive the same care as other patients. We do everything we can to make families and children comfortable.

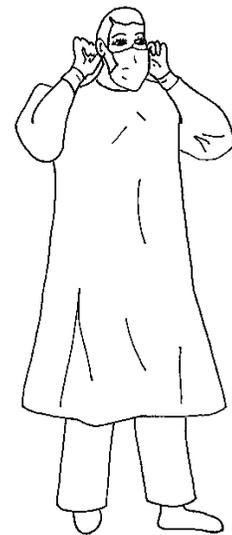
How germs spread

Different germs spread in different ways, so we have 3 types of isolation precautions:

- contact
- droplet
- airborne

The type of isolation used depends on the type of germ the child has. A child may be on more than one type of isolation.

Visitors need to follow the rules called isolation precautions to help keep germs from spreading to other people in the hospital.



A child may be on more than one type of isolation.

Contact precautions

Contact precautions are used when a child has a germ that is spread by hands or by touching any item they have touched. People who enter the room should wear gloves, and may also wear gowns.

- Everyone should clean their hands before and after visiting the child.
- Clean your hands before and after touching the child, even if you wear gloves.
- Wear gloves if you are changing your child's diaper or checking bandages.
- Wear a gown when holding the child. This keeps germs off your clothes and skin.
- If you or visitors choose not to wear gloves or gowns, then you should clean your hands before leaving the room, do not visit any other patients, and do not go to public areas of the hospital like the cafeteria, Emily Center, or lobby.
- If you or visitors choose not to wear gloves or gowns, do not go to the cafeteria. A friend or family member needs to bring you food.
- If food cannot be brought, and you or visitors need to go to the cafeteria:
 - Clean your hands and arms from the ends of your fingers to the elbows.
 - Put a cloth blue adult size gown over your clothing.
 - When you come back from the cafeteria, take off the gown and put it in the laundry hamper. If you are wearing a mask, take it off and throw it away.

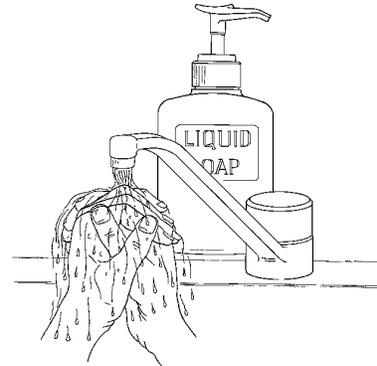
Droplet precautions

Coughing and sneezing can spread germs up to 3 feet from the nose and mouth. These germs cause illness when they touch your eyes, nose, or mouth.

People who are within 3 feet of the patient should wear a mask. A family of a child in droplet precautions does not need to wear a mask when they are with the child because they usually have had the same germ as their child.

If you don't feel well, wait until you feel better before you visit. Cover your mouth when you cough, and use a tissue to wipe your nose. Clean your hands after coughing or using a tissue. Don't go near any hospital patients.

- Make sure visitors and caregivers wear a mask if they are within 3 feet of the child. This keeps germs from touching their eyes, nose, and mouth.
- Everyone should clean their hands before and after visiting the child.
- Visitors who are sick should not visit.
- If you or visitors do not wear a mask, then you should clean your hands before leaving the room, do not visit any other patients, and do not go to public areas of the hospital like the cafeteria, Emily Center, or lobby. A friend or family member needs to bring you food.
- Tell the nurse or doctor if you have a cough, runny nose, fever, or don't feel well. If you have a cough, runny nose, or fever, wear a mask everywhere in the hospital. Each time you leave the room, put on a new mask. Do not go to public areas of the hospital like the cafeteria, Emily Center, or lobby.
- If food cannot be brought, and you or visitors need to go to the cafeteria:
 - Clean your hands.
 - If you have a cough or runny nose, wear a mask.



**Clean your hands
when entering
or leaving the room.**

Airborne precautions

Some germs can spread in the air more than 3 feet. These germs cause illness when you breathe them in.

A special air pressure room keeps these germs from leaving the room. It is important to keep the door closed!

People who enter the room should wear a special mask to keep from breathing in these germs. If you have had the same germ as the child, you may not need to wear a mask when you are in the room.

Visitors should follow the instructions on the door sign.

- Keep the door to the room closed.
- Ask the nurse if visitors who don't live in your home need to wear a special mask while in your child's room.
- Tell the nurse or doctor if you have a cough, fever, or don't feel well.
- Visitors and caregivers should clean their hands before and after visiting the child.
- Ask the nurse if you and visitors need to wear a mask when going to public areas of the hospital, like the cafeteria, Emily Center, or lobby. If so, use a clean mask each time you leave the room.

What should you do?

If you are with a child or visiting a child who is in isolation precautions, follow the instructions on the door sign. If you have questions, ask the nurse for help before entering the room.

Clean your hands when entering and leaving the room. This is the best way to prevent the spread of germs.

Things in the room, like toys and games, may have germs on them. Ask the nurse before you take anything from the child's room. It may need to be cleaned before you take it out.

If you don't feel well, or are sick, wait until you feel better before you visit. It is best

not to bring germs to sick patients.

If there is another patient in your child's room, visitors should use the public restroom, not the bathroom in the patient's room.

If the other patient in your child's room has the same illness as your child, follow the same precautions for both children.

Children in isolation precautions should only leave the room for medical care or when the germs they have can not spread anymore (no longer **contagious**). This means they should not leave the room and cannot go to the playroom, cafeteria, school room, playground, gift shop, or walk in the halls.

If your child has to leave the room for medical care, the nurse may put a mask on your child to keep the germs from spreading.

Ways to help your child

Put a large blanket on the floor to create a clean play space. After playing, put it in the laundry hamper. Do not use the blanket again.

Ask the nurse or doctor to invite someone from Child Life to visit. Child Life Specialists can bring games, toys, and videos for your child to enjoy. All toys are cleaned before your child gets them, and after your child uses them.

Sometimes you need a break! Ask someone in your family, a friend, or a hospital volunteer to stay with your child.

Now that you've read this:

- Tell your nurse or doctor why your child is on isolation precautions. (Check when done.)
- Tell your nurse or doctor which isolation precautions your child is on, and what you need to do. (Check when done.)

- Ask your nurse or doctor for the handout: **Good Handwashing, #100.**
(Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.com
Facebook: facebook.com/theemilycenter
Twitter: [@emilycenter](https://twitter.com/emilycenter)
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

August 13, 2014 • DRAFT to family review
#875 • Written by Kevin Waldrop, BSMT (ASCP) • Illustrated by Dennis Swain and Cynthia Larkin

Isolation

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!