

# Infection prevention and control for children and their families

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This handout describes how to prevent the spread of infections in the hospital. Please help us by following these few rules.

All parents and family members can help prevent infections in the hospital by:

- ✓ cleaning their hands before seeing their child and before leaving their child's room
- ✓ limiting the number of people who visit their child
- ✓ not visiting if they feel unwell

## Additional Precautions

While in hospital your child may have a germ (bacteria or virus) that is contagious. This means the germ can spread to others. While your child has this germ, they will need Additional Precautions.

Depending on the kind of germ, Additional Precautions can take place in a private, semi-private or ward room. **It does not mean that your child will be isolated from people, only that extra precautions are needed.** By following these extra precautions, other children will not come into contact with this germ.

How the germ spreads determines which of 3 types of precautions your child needs:

- Contact Precautions** are used when your child has a germ that is spread by hands or any item your child has contact with.
- Droplet/Contact Precautions** are used when the germ is spread by hands or any item your child has contact with.
- Airborne Precautions** are used when the germ is spread by tiny, microscopic droplets in the air. Your child will stay in a room that uses air pressure to stop germs from getting out. Keep the door shut and the window vents open. Do not put anything on the window vents that could block the air flow. Follow the instructions on the door sign.

## What you need to do when you are with your child

- **Clean your hands before you see your child.**
- Wear a gown when you hold your child or if you are in the room for a long time.
- For some precautions, you may also need to wear gloves or a mask. Follow the signs on your child's door or curtain, or ask your nurse.
- Do not visit other children in the hospital.
- Do not use the kitchen in the hospital.
- If you are staying at Ronald McDonald House, let the staff know if you are starting to feel unwell with symptoms such as a new cough, fever diarrhea or a new unexplained rash.
- If you are staying overnight at the hospital, you can take off your gloves, mask and gown as long as you are a few feet away from your child. Before holding your child, wash your hands and put on a gown if required.
- Do not take any items from your child's room. Check with your nurse as they may need to be cleaned first.
- Before leaving the room, remove your gown, gloves and mask and discard them **INSIDE** the room.
- Clean your hands well before leaving the room. You may use soap and water at the sink or use a hand sanitizer.

**Stop the spread of germs and infection.  
Clean your hands.**

