

Preventing the spread of infections in the hospital

Read this handout to learn how to:

- ✓ protect yourself and your family from infections
- ✓ prevent spreading infections to others

What you can do:

1. Clean your hands often. You can wash your hands with soap and water or use alcohol-based hand rub. Always use soap and water when your hands are visibly dirty.
2. Limit the number of people visiting your child.
3. Make sure anyone who visits your child is healthy.

When your child needs Additional Precautions:

- If your child has a germ (bacteria or virus) that could spread to others, he or she will need Additional Precautions to prevent it from spreading.
- Additional Precautions can take place in any patient room (private, semi-private or ward room).
- You will have to wear some or all of the following items when caring for or visiting your child:

Gown	Gloves	Mask
<p>The gown protects your clothing from the germs.</p> <p>Germs on your clothing could spread to other people.</p>	<p>Gloves protect others from germs that may be on your hands.</p> <p>Even after washing, some germs can live under your nails or in cuts and scrapes.</p>	<p>The mask prevents you from breathing in the germs.</p>

- A Child Life Specialist or Volunteer can provide toys or activities in your child's room.

When your child needs Additional Precautions (continued)

You may:	You will need to avoid:
<ul style="list-style-type: none"> ✓ Take your gown off for a short time if you are not touching or holding your child. ✓ Take off your mask if you are a few feet away from your child. ✓ Visit the Ronald McDonald Family Room if you are feeling well. ✓ Use the Family Shower, located across from the Lounge. Please let your nurse know when you are done so the shower can be cleaned. ✓ Fill out an activity card to get additional toys and activities for your child”. 	<ul style="list-style-type: none"> • Visiting other children in the hospital. • Using the hospital kitchen. Staff will bring what you need to your room. • Removing toys and other items from your child’s room as all items must be cleaned by our staff first. • Leaving the room with your yellow gown, gloves or mask on. • Going to the Playroom, Lounge or outdoor play areas.

Ask your care provider if your child is allowed to leave their room

If your child is allowed to leave the room:

- ✓ Before leaving the room, your child must put on clean pyjamas and wash his or her hands.
- ✓ If your child uses toys or equipment such as a wheelchair, stroller or wagon, leave it in your child’s room. Tell the nurse so it can be cleaned.
- ✗ **Avoid going to the playroom, lounge, outdoor play areas or Ronald McDonald Room.**

If your child has brothers or sisters:

- ✓ They may visit if they are healthy.
- ✓ They must wash their hands.
- ✗ **They must avoid going to the playroom, lounge, outdoor play areas or Ronald McDonald Room.**

There are 4 types of Additional Precautions (Airborne, Airborne/Contact, Contact and Droplet/Contact precautions). The type of precautions your child needs will depend on how the germs spread.

- The health care team will tell you what type of precautions are needed, why they are needed, and what you need to do. Please ask us any questions you may have.
- A Child Life Specialist can help you explain the precautions to your child in a way he or she can understand.
- We will put a poster on your child’s door that shows everyone the type of Additional Precautions and what to do. Follow the instructions on the poster to protect yourself and others.