Let's Talk About...

Isolation

Your child is in isolation because she is infected with a germ or is carrying a germ that can spread to other people. There are different types of isolation: **Airborne, Droplet, Contact,** and **Contact Multiple Drug Resistant Organism (MDRO)**. Different germs spread in different ways. Your child's type of isolation depends on the way the germ spreads from one person to another. Your child will not be able to go to the cafeteria or the playrooms and might need to stay in her room. Check with your child's nurse to see if she can go out of her room for short walks in the hall or for a wagon or wheelchair ride.

Isolation keeps germs from spreading to other patients, visitors, and hospital staff. It is very important that you follow the isolation precautions listed below so your child's infection does not spread to others.

The nursing staff will put a sign on the door to your child's room, telling people about the needed precautions. Precautions are those things you do to prevent spreading contagious germs. Precautions for hospital staff are stricter than for family members. This is because the staff has contact with many patients and that makes it easier for them to spread germs to other patients.

Do not share items (books, toys, extra clothing, or reading materials) provided by the hospital with other patients or families Keep these items in your child's room, or take them home. Below is a summary of precautions for parents, family members, and visitors. There are several types of isolation listed and under each one is a list of precautions. Please take the time to learn these precautions. Tell any of your visitors about them. If a visitor is sick, please tell them not to visit your child.

Airborne

Airborne infections are spread through the air. If your child has an airborne infection, the nursing staff may ask you to wear a mask until they know if you can spread the same infection. Your child needs to stay in a room with special ventilation, and will not be able to go for walks or rides outside the room. If your child does need to go outside her room to another hospital location, she will need to wear a mask until she gets back to her room. Always wash your hands or sanitize with alcohol gel before you enter your child's hospital room and when you leave your child's room.

- **Chickenpox:** If your child has chickenpox and you never had chickenpox, and you never received the chickenpox vaccine, tell your child's nurse. You might need to wear a mask. Wash your hands before leaving your child's room. If you have had chickenpox or have received the chickenpox vaccine, you do not need to wear a mask.
- **Measles:** If your child has measles and you never had measles and you have never received the measles vaccine, tell your child's nurse. You might need to wear a mask. If you have had measles or you have received the measles vaccine, you do not need to wear a mask.
- **Tuberculosis (TB):** If your child has TB, the nursing staff may ask you to wear a mask when going to and from your child's room. You will have to do this until your child's doctor knows if you can spread TB or not. You may have to have a test to see if you can spread TB. You do not need to wear a mask in your child's room, even though the hospital staff will wear masks.

Droplet

Droplet infections spread when a sick person coughs or sneezes. Many colds and respiratory infections are droplet infections. Your child needs to stay in her room. This means she cannot go for walks or rides outside of her room. Do not touch other patients. Always wash your hands before leaving your child's room. Three types of respiratory infections are listed below, but there are many others, too. If you have questions about droplet isolation, please talk to your child's doctor or nurse.

- **Flu (influenza), RSV (respiratory syncytial virus) Whooping Cough (pertussis), and mumps:** You do not need to wear a mask when you are in your child's room, but hospital staff will wear a mask to protect themselves and other patients. If you have a cough or you are sick, the hospital staff may ask you to wear a mask when going to and from your child's room. Hospital staff persons might put on gloves or even a gown, depending on the type of care they give your child.

Contact

Some germs are spread by hands or contact with objects that have the germs on them. If your child has diarrhea or certain types of skin or wound infections, she may need contact isolation. The hospital staff will wear gloves. Depending on the type of care they give your child, they may put on a gown or a mask. You do not have to wear a mask, gown, or gloves when you are in your child's room.

Check with your child's nurse to see if she can come out of her room for short walks in the hall or to go for a wagon or wheelchair ride. Always remember to wash your hands or sanitize with alcohol gel before you enter your child's hospital room and when you leave your child's room

Contact Multiple Drug Resistant Organisms (MDRO)

Some patients are sick with a germ that is hard to kill with usual antibiotic medicine. These germs are called "drug resistant". Sometimes a person is sick with one of these germs and gets better, but the germ is still on their body. If your child has a drug resistant germ, the hospital staff will wear gloves.

Depending on the type of care they give your child, they might put on a gown or a mask. You and your child's visitors may be asked to wear a gown and gloves, depending on your child's diagnosis. Please check with your child's nurse.

Also check with your child's nurse to see if your child can come out of her room for short walks in the hall or to go for a wagon or wheelchair ride. Always remember to wash your hands or sanitize with alcohol gel before you enter your child's hospital room and when you leave your child's room The best way to not spread illness is to wash your hands.

Tell your child's visitors to wash their hands.

If you have questions about these precautions, please talk to your child's nurse or the hospital infection prevention and control nurses.

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