

## What does it mean when my child is put in isolation?

Putting a child in isolation means extra care will be taken to keep your child from getting or sharing germs with others. It can also protect children when it is hard for them to fight germs.

- Germs can spread through the air or by touching things that have germs on them.
- Germs can be on people, clothes, toys, cell phones, counter tops, beds and other items like these.

The best way to stop germs from spreading is to wash your hands. **Always** wash your hands when you go in and out of a patient room. Use hand sanitizer when hands don't look dirty but need to be cleaned. Or wash with soap and water for at least 15 seconds and after using the bathroom.

## What do I need to do if my child is in isolation?

Look at the sign outside your child's room to know what you need to do to protect your child and others.

- The door to your child's room may need to be closed for certain types of isolation.
- You and visitors may be asked to wear a mask, gown or gloves. These are called personal protective equipment (PPE).
- If you need to wear a mask, put it on before you go into the room. When you leave the room, throw it out inside the room right before you leave.
- If a gown or gloves are needed, it is when you are with your child and germs may get on your clothes (changing a diaper).
- Throw away the gown and gloves inside the room before leaving.
- **Always wash your hands after taking off any PPE.**
- Your child will need to stay in their hospital room.
- You may be asked to wear a mask when entering and exiting the hospital. Your nurse will let you know if this is needed.



## What extra things do I need to know about all isolation?

- Staff and visitors that do not live in the house with you will have to wear PPE.
- **Moms may not use lactation rooms and must not share breast pumps.**
- **The mom can bring in her own pump to use in your child's room. If there is a spare pump it can be used and kept in the isolation room.**
- Siblings of patients in isolation are not allowed to be in the play areas or Sibling Care.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**