

## PROTECT DON'T INFECT: ISOLATION AT CHEO



### What is isolation?

Isolation is very common in children's hospitals like CHEO. If your child or youth is isolated (we sometimes say they are on 'isolation precautions') it means they have an illness that can be passed on to others and must stay in their room, except for tests.

Isolation can happen as soon as your child is admitted, or after they have been at CHEO for a bit. It doesn't mean they will be alone — your child will likely have to share a room with another child with the same type of illness.



### Are there any risks for my child sharing an isolation room?

We carefully review our isolation policy for each child or youth admitted and will only place your child in a shared room if it is safe to do so. By following good hand hygiene and isolation instructions you can help keep children and youth at CHEO safe from infections.

### How long will my child be in isolation?

Your child will stay in isolation until the risk of spreading the infection is gone. Our doctors, nurses and Infection Prevention and Control team will assess your child to decide when isolation is no longer needed.

### Staying with your child in isolation

We know it can be very difficult having a child in isolation, but we appreciate your efforts to protect others. We will post detailed instructions outside your child's room door if they are in isolation. The signs tell you everything you need to do when entering and leaving the room. Talk to your child's nurse if you're not sure about what to do.

#### What to do: your child's room

- Wash your hands with soap and water or hand sanitizer for 15 seconds every time you enter or leave the room. Also wash your hands before eating.
- Only the adults who received parent passes when your child was admitted can visit, and only two people can be with your child at a time.
- Wear gowns, gloves or masks when inside the room if you have been instructed to do so. Most parents or guardians don't need to do this, since they have already been in close contact with their child but staff may have to.
- Stay home if you are sick. If possible, you can ask a family member or close family friend to stay with your child during this time. If that isn't possible, we'll work with you to come up with a safe solution for staying with your child.
- Stay in the room with your child as much as possible. Because parents caring for a child often



carry the bacteria or virus on their hands, it's important to limit walking around the ward and hospital as much as possible.

- Disinfect items you use in the isolation room (like breast pumps). We have Virox wipes you can use. Ask your nurse how to do this.
- Keep things tidy and try not to bring too many personal items. This makes it easier for us to clean the room properly. Use parent lockers for coats and extra personal items to cut down on clutter in the room.
- Don't share toys, books or other items with others inside or outside your child's room. To control the spread of infections, we limit the number of toys from the playroom that go into isolation rooms. Please bring a few of your child's favourite toys from home.
- Remain in your child's assigned space, even if you are in a multi-bed room and the other bed(s) are temporarily unoccupied. Treat the curtains around your child's bed like walls and only spend time/leave belongings in your own space.

### What to do: using common areas

Staying with your child at CHEO means you'll need to use common areas like bathrooms and kitchens. Here's how you can prevent infections from spreading to others when your child is placed in isolation.

- kitchens on inpatient units are for patients only but families can use the kitchen in the Ronald McDonald Family Room on the fifth floor
- never return food or drinks to the inpatient unit kitchen after it's been in a patient's room
- use the bathroom in your child's room while they are in isolation – when they are no longer isolated you can use the public bathrooms on the unit
- do not shower in your child's room – parent showers are available on the fifth floor Ronald McDonald Family Room

### Helping your child or youth cope

Being isolated in their room is hard for many children. Here are some tips to make it easier if your child or youth is isolated:

- explain to them that they are helping to protect other children who could get very sick, especially small babies or other very sick children
- video chat with friends and family to help your child connect with loved ones they miss
- ask your care team about CHEO's child life specialists – they help make sure that life remains as normal as possible for children and youth while in hospital

### Questions or concerns?

Please direct any questions you may have to your child's health-care team.