

# Preventing the spread of infection

## Transmission-based precautions

In addition to our usual practices, transmission-based precautions (safety actions) are meant to stop the spread of infectious germs between patients, staff and visitors. The type of precaution depends on the germ your child may have and how it spreads. All children on transmission-based precautions must stay in their rooms. There will be a sign posted outside your child's room with instructions on the type of precautions needed.

## Contact precautions

Patients on contact precautions are infected with a germ that can be spread by person-to-person contact or from items in the patient's room. All staff members and visitors should clean their hands with a 15-second liquid soap scrub or with the hospital alcohol foam. Gloves and a yellow gown are to be put on before going into the patient's room. When leaving the room, the gown and gloves are to be placed in the trash bag by the door, followed by good hand-cleaning practices.

## Droplet precautions

Children on droplet precautions have infectious germs that can be spread by coughing and sneezing, sending droplets into the air. All staff members and visitors should clean their hands with a 15-second liquid soap scrub or the hospital alcohol foam, and wear a surgical mask when entering the room. When

leaving the room, the mask is to be placed in the trash by the door, followed by good hand-cleaning practices.

## Airborne precautions

Children on airborne precautions have germs that can spread through the air. These children should be in a room with special air circulation and with the door closed. All staff members and visitors must clean their hands with a 15-second liquid soap scrub or with the hospital alcohol foam. Staff members are to wear an N95 mask before entering the room if they are at risk of contracting the germ. Visitors should also wear an N95 mask if they are at risk of getting sick with the germ, too. The N95 mask should fit well. The mask should draw in towards the mouth when you inhale. Nursing staff can assist you if needed.

## Siblings and other visitors

All visitors must check in at the nurses' station for directions before visiting a patient who is on transmission-based precautions. Any visitors, including brothers and sisters who feel sick or who have been around others who may have the chicken pox, a cold or any other easily spread illness, should not visit. Siblings may visit as long as they are able to comply with the isolation precautions. Please be aware that siblings must remain in the patient's room and are not to visit the playroom or other common areas.

## **Activities**

Since a child who is on transmission-based precautions must stay in his or her room, activities such as toys, music, books and movies will be provided by the nursing staff or arranged by our Child Life specialists. Touch and interaction is very important to children. Although your child is on precautions, if the precautions are followed, hugs and kisses are safe and recommended!

## **How can we help stop the spread of these germs?**

The number-one way to help stop the spread of germs is good hand-cleaning practices, especially after coughing, sneezing, using the bathroom and before eating. To wash your hands properly, rub them together with liquid soap very hard and fast, covering all surfaces for 15 seconds, then rinse, dry with a paper towel, and turn off the faucet with the paper towel. Alcohol foam can also be used if your hands are not visibly dirty.