

Isolation Precautions for Pediatric Patients

This *Health Facts for You* reviews isolation precautions for children in the hospital. Isolation precautions are safety measures used to reduce the spread of germs in the hospital. These germs can consist of:

- Bacteria
- Fungi
- Viruses

Care Team

Your child's care team decides if your child will need to be placed in isolation. To make this decision, your care team will use guidelines from the Centers for Disease Control (CDC). Your child's care team will include a doctor, nurse and infection prevention specialist

Isolation Placement

Your child may be placed in isolation if:

- We suspect or know that your child has an infection that can be spread to others in the hospital.
- Your child carries certain types of germs that can cause serious illness for others, even if not ill.

Your child may be placed in isolation before test results if they have symptoms or had a previous infection.

Isolation Precautions

An isolation sign with the type of precautions will be posted on your child's door. The sign guides your care team and visitors to know what steps they must take to prevent the spread of germs.

Contact Precautions:

- Used when an illness can spread by touching the child or objects that the child has touched.

- All staff and visitors will wear a gown and gloves when they enter the room.

Enhanced Contact Precautions:

- Used when an illness can spread by touching the child or objects that the child has touched.
- All staff and visitors will wear a gown and gloves when they enter the room.
- These germs are hard to kill on hands and surfaces. All staff and visitors must wash hands with soap and water when leaving the room. This is because these germs are not killed with alcohol gel.

Droplet Precautions:

- Used when an illness is spread by secretions from the nose and mouth (i.e. coughing, sneezing, talking).
- All staff and visitors who enter your child's room must always wear a mask.
- Your child may also be asked to wear a mask if they must leave the room.

Airborne and Special Pathogen Precautions:

- Used when an illness is spread in the air.
- Your child will be in a special room. Air flows into the room instead of out. The door must remain closed for proper air flow.
- All staff entering your child's room will wear a special mask called a respirator.

- Your child may also be asked to wear a mask if they must leave the room.
- Visitors are not permitted while patients are in isolation

Preventing the Spread of Germs

- Wear protective equipment based on the isolation sign.
- Wash hands before putting protective equipment on. Wash again after leaving the room.
- If you are ill and must stay with your child, please contact your child's care team. They will discuss the health risks to your child as well as any safety measures you need to take.
- Take daily baths and a change into clean clothes daily to reduce the spread of germs.

If you are unable to follow these guidelines and your child is in Droplet, contact or Enhanced Contact Isolation. The nurse will review the rules and have you sign an Isolation Precautions Parent/Guardian Agreement.

Hospital Room

Your child should stay in their room when isolated. Your child may need to leave the room for certain tests, procedures, or therapies. Your child's nurse will explain what precautions must be taken. You and your child should not have direct contact with other patients. Many of our patients have weakened immune systems and you could spread germs to them.

Ask staff if you need items from the unit kitchen. You are not allowed to be in this area.

Child Life can also provide toys and games that are easy to clean.

Visitors

In most cases, your child can have people visit. Those who visit will follow the same isolation precautions on the isolation sign. Children who visit patients in isolation are not allowed to go to the playroom or Tyler's Place. They will be asked to stay in the patient's room until they are done visiting.

Visitors will not be allowed to visit if they have the following:

- Cough and/or sore throat
- Fever
- Rash
- Diarrhea

Food Storage

Food from home may be stored in the hospital refrigerator until it enters your child's room. Once the food has entered the room, it is not allowed to be stored in the hospital's fridge.

End of Precautions

Your child's care team will decide when precautions are no longer needed. Some patients need to be in isolation during their full hospital stay.

Going Home

A doctor or nurse will tell you if you need to take any special safety measures at home. The best ways to prevent the spread of germs include:

- Hand hygiene
- Teaching your child to cover their cough with their sleeve or a tissue
- Frequent cleaning of high touch surfaces

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 3/2025 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF# 6415

American Family Children's Hospital

Pediatric Isolation Precautions Parent/Guardian Agreement

*This agreement cannot be applied to droplet precautions for suspected or confirmed bacterial meningitis, Airborne precautions, and Special Pathogens.

- Isolation precautions are extra measures that are put into place to lessen the spread of germs within the hospital.
- When strictly followed, these safety measures help keep patients, visitors, and health care workers safe from infection.
- At AFCH, we acknowledge that primary caregivers may have difficulty following all the isolation precautions for extended periods of time. For this reason, we allow the primary caregivers to opt out following isolation precautions. However, to keep other patients and health care workers safe, we have put additional limitations in place.

Please initial the following to opt out of following isolation precautions:

_____ I know my child is in isolation precautions (**circle**) Droplet, Contact, Enhanced Contact.

_____ I have received the Health Facts for You titled, "Isolation Precautions for Pediatric Patients". I understand why the isolation is important and the importance of washing hands and wearing protective equipment (gown, mask).

_____ I am choosing not to wear an isolation gown or mask in my child's room. However, at certain times, masks may be required to be worn when staff are present in my child's room.

_____ I will wash my hands when I enter or leave my child's room.

_____ I will use the call light to have the nurse bring supplies, water, food, etc to my room.

_____ I will not visit the following areas of the hospital after being with my child:

- Unit Kitchen
- Family Lounge
- Waiting Rooms
- Playrooms
- Laundry rooms
- Nurses Station
- School Room
- Hospital Cafeteria

_____ If I opt out of wearing protective clothing, a daily change of clothes is recommended to help lessen spread of germs.

_____ I am aware all visitors must follow the isolation precautions posted on the door.

_____ If I have symptoms of an illness (cough, sore throat, fever, rash, diarrhea) I will not visit AFCH. If I do visit, I will tell the staff before any visit so that safety measures can be taken to avoid the spread of illness (e.g., wear a mask).

Parent/Guardian Signature _____
Date _____

AFCH Staff Signature _____
Date _____