

# Source isolation for families

Information for parents & carers



Leeds children's  
hospital

caring about children

Children with an infection/suspected infection will need to be placed in a side room. This is called source isolation and is an action to prevent and control the spread of infection.

### **What is Source Isolation?**

Germs are found on everyone, both inside and outside of the body. These germs may live there without ever causing any harm. However, if they get into the wrong place at the wrong time they can cause an infection and in some cases make us very ill. In a hospital, it is very common to separate children with a potential or diagnosed infection.

### **What happens when my child is in Source Isolation?**

Following a safety assessment the side room door must remain closed.

When entering the room healthcare staff must be wearing the correct personal protective equipment. Before leaving the room they should be removing these and washing their hands with soap and water. If you notice a member of staff not washing their hands please remind them to do so.

### **Can my child leave the isolation room?**

No, not unless they are going to use the bathroom, going for a test or visiting another department for treatment. Being in isolation does not affect the care that your child receives.

Please try to keep personal belongings to a minimum whilst in isolation. Any personal items that need laundering at home should be washed at the hottest setting your washing machine allows, but make sure it's at least 60°C to kill any germs.

## **What about using the toilet?**

If your child is in a room that does not have its own toilet, a toilet will be allocated for you to use. If this is not possible, a commode will be provided. This should be cleaned after each use by a member of staff.

## **How can I help?**

By ensuring that any food/drinks brought into the hospital are stored appropriately and are not left around your child's bedside. Any food should not be reheated.

Washing your hands and your child's hands with soap and water before eating, after going to the toilet and when they feel or look dirty will reduce the risk of infection spreading. If your child cannot wash his/her hands at a sink, they can use hand wipes to clean their hands.

## **Will my discharge be delayed?**

Not at all and when you go home you should live your life as normal. If any special care is needed, this will be arranged for you by the healthcare staff looking after you before discharge.

## **Entry to the ward kitchen is restricted to staff members only**

Nursing/healthcare/housekeeping staff will be happy to help you with anything that you need from the ward kitchen. Please ask staff members to remove unwanted food/meal trays etc. if they are not collected immediately after meals.

## **Entry to the sluice is restricted to staff members only**

Nursing/healthcare staff will be pleased to remove soiled nappies/bedpans etc. from your child's bed space or toilet.

Please do not carry these items to the sluice yourself, this is particularly important if your child is being nursed in Source Isolation in a sideroom. Please press the bedside 'call' button and a member of staff will come as soon as possible.

## Dirty Washing

We are sorry that we cannot provide laundry facilities on the ward; we ask that you do not use the hand wash basins in the bays or siderooms, but take your laundry home.

## Please limit visitor numbers

- Please consult the **Nurse in Charge** for advice.
- The fewer people around your child's bed the smaller the chance of contact with bacteria, germs and viruses.
- If other children, including siblings are allowed to visit we will ask you NOT to let them use the playroom, or any of the ward toys, once they have been into the sideroom.
- Please do not let anyone sit on your child's bed.
- Please ask your visitors to read this leaflet.
- If your child is being nursed in Source Isolation due to an infection we will advise you that visiting is restricted until your child is free of symptoms.

## Remind us to wash our hands

If we forget to wash our hands, please remind us – we want to keep your child safe and we will not be offended.

**Thank you for helping us to prevent the spread of infections**