

## Respiratory isolation and your child

### What is respiratory isolation?

Respiratory isolation is a combination of practices used to prevent germs from spreading in the hospital. Germs that cause colds and the flu are spread by respiratory droplets that come from the nose and mouth. Germs are also spread indirectly by touching contaminated door knobs, linens, medical equipment, and other objects in a patient's surroundings. Germs on objects in your surroundings can be removed by cleaning with disinfectant. Good hand hygiene will reduce the spread of germs.

### Why is your child on respiratory isolation?

Test results show that you have:

- |  |   |
|--|---|
| <input type="checkbox"/> Influenza A                       | <input type="checkbox"/> Parainfluenza 1, 2, or 3 |
| <input type="checkbox"/> Influenza B                       | <input type="checkbox"/> Chickenpox / Shingles    |
| <input type="checkbox"/> Respiratory Syncytial Virus (RSV) | <input type="checkbox"/> Other _____              |

### Important things to know

- Read "Patient Information—Hand hygiene and your child."

#### Hand Hygiene

*Hand hygiene* is the most important way to prevent the spread of germs. Wash your hands with soap and water or use alcohol hand rub often. Ask your care providers and visitors to wash their hands frequently.

#### Patients

##### Masks and gloves

- Staff will wear a mask and gloves when they are in your child's room.

##### Before you and your child leave the room

- Talk to your child's nurse. Your child can leave the room with you and a staff member for tests and procedures.
- You and your child must wash your hands right before you leave your room.
- Your child must put on a mask right before leaving the room.
- Your child cannot go to public areas in the hospital (such as the cafeteria, library, gift shop, cafe), or The Children's Inn, Family Lodge, Cloisters apartments, or Woodmont House.
- Organized activities must be approved by the Hospital Epidemiology Service. Ask your child's nurse if your child would like to attend organized activities.

##### If your child needs...

- Or if you need to wash your child's clothes, ask your child's nurse and he or she will explain the process and provide laundry soap.

- Linens, snacks, or a drink, you may get these items for your child. Remember to wash your hands when you leave your child's room.
- A meal and your child has not received a meal, ask your child's nurse if it arrived. Once food has been in your child's room, it cannot be brought out for reheating so it will be kept outside the room until your child is ready to eat.

## Family and Visitors

### Masks

- Visitors are strongly encouraged to put on a mask when entering the isolation room.

### Personal items

- Do not bring personal items (such as bags, coats, cell phones, laptops) into the room that cannot be disinfected or discarded.
- Once food has been in the room, it cannot be brought out for reheating. Do not bring food or drinks out of the room.

### Leaving the isolation room

- Remove your mask outside of the isolation room and wash your hands.
- Do not visit any other patients.
- You may visit the public areas of the hospital (such as cafeteria, library, gift shop, and cafe) without the patient.
- You may go to The Children's Inn, Family Lodge, Cloisters apartments, or Woodmont House without the patient.

## When will isolation end?

- Your child may be on isolation for a few hours or for several months. Your child's care provider will tell you when isolation will end.
- Your child will be on isolation as an inpatient and outpatient until the Hospital Epidemiology Service determines that isolation is no longer needed.
- Isolation does not determine the length of your child's hospital stay.

## Be informed. Be empowered. Be prepared.

### Questions?

Ask your child's nurse, doctor, or call the Hospital Epidemiology Service at 301-496-2209

For more information visit the NIH Clinical Center's Patient Portal:

[http://patientportal.cc.nih.gov/pt\\_care/patient\\_infection\\_control.shtml](http://patientportal.cc.nih.gov/pt_care/patient_infection_control.shtml)

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**National Institutes of Health Clinical Center**  
Bethesda, MD 20892  
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