

# Infection control

## Respiratory precautions

Information for Patients and/or Caregiver

Welcome to the Southern Adelaide Local Health Network. This information sheet is designed to answer any questions you may have about your child being admitted with a suspected respiratory illness.

### How is a respiratory illness transmitted?

There are two main ways that respiratory infections can be transmitted or spread.

- Droplets in the air
- Contact with a person or "contaminated" object.

### How can the spread of respiratory illness be prevented?

- We may isolate and care for a patient in a single room.
- Occasionally a single room may not be available due to demand, and a shared room will be allocated. To help prevent the spread of a respiratory illness as much as possible we recommend that your child stays within the curtain area of the bed. We ask for your help in achieving this.

Hand sanitiser or hand washing should be used at all times on entering and exiting your designated area.

### Hand hygiene has been proven to be the best defence against cross infection

- Teach your child (where applicable) to cough or sneeze using a tissue. Place it in the bin straight away and then clean your and your child's hands. Where a tissue is unavailable then he or she should cough or sneeze into their inner elbow, rather than the hand.
- Frequently touched surfaces should be kept clean.

### What can I do to keep my child happy at the bedside?

- You are welcome to use some toys from the activity room at the bedside, but the toys must stay with you until you go home when they will be cleaned.
- There are free TV channels for entertainment.
- Please ask our volunteers and diversional therapist for activity school age children - school programme available during term time.

### May I have visitors?

- Yes, but please make sure they are not sick themselves.
- Visitors must clean their hands on arrival and when leaving the room. If your visitors have close contact with your child (within 1 metre) we highly recommend that they wear a mask and apron to protect themselves.

Please ask your nurse if you need further information.

### For more information

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[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



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