

# Children's Ward: COVID-19 Parent Information Sheet



Western Health

COVID - 19

Be Safe -- Be Smart -- Be Kind

During the current COVID-19 (coronavirus) pandemic our priority is the safety of patients within our care.

## What are the visitor restrictions on the Children's Ward?

Currently, there are strict visiting restrictions in place at Western Health to reduce safety risks associated with COVID-19 to both patients and visitors:

- No children are permitted to visit the Children's Ward (including siblings).
- TWO parents/caregivers are permitted to visit with their child during the hospital admission at any one time.
- Only ONE parent/caregiver may stay overnight with their child.
- There can be only **two nominated visitors** who can visit a patient during this restricted period e.g. the child's mother and the child's father or support person. No other visitors are allowed.

## I am a nominated visitor. How long can I visit?

We encourage at least ONE parent/caregiver to stay with their child as much as possible and overnight. However, we ask you not to visit if you have:

- Fever over 37.5°C
- Breathing difficulties such as breathlessness
- Cough
- Sore throat
- Runny nose
- Fatigue or tiredness
- Loss of taste or smell
- Had close contact with someone who has these symptoms
- Had contact with someone who is suspected to have or has been diagnosed with COVID-19

If you meet any of these criteria, please contact your Local Doctor for further advice.

If your child is in hospital for a prolonged period of time, we recommend you consider alternating the days with the other parent/caregiver. This will enable you to get rest and visit your other children at home.

## Can I bring electronic devices for my child?

We encourage the use of electronic devices to enable visual communication for your child with family and friends to provide them with 'virtual' visitors. Free Wi-Fi is available, please ask your nurse for more information.

### What are the parent isolation guidelines?

- Please **restrict** your movements throughout the ward and the rest of the building.
- If your child is admitted with suspected or confirmed COVID-19, you must remain in the room with the door closed in isolation with your child. You must not leave or move around the ward.
- Meals will be provided for the parent/caregiver who is staying.

### What about face masks?

You will be provided with single use masks on the Children's Ward.

You should wear a face mask at all times you are outside of your child's room until you leave the hospital. You must also wear a mask whenever a staff member enters your child's room.

### Are communal areas still accessible?

At this time, both the indoor and outdoor play areas and the communal parent lounge room are closed.

Parents/caregivers still have access to the kitchen facilities, unless they are in isolation with their child.

### What other precautions do I need to take?

Parents/caregivers who visit or stay in the Children's Ward can help us prevent and minimise the spread of infection by practicing good hygiene:

- When you enter the Children's Ward to visit your child, please wash your hands for at least 20 seconds at the first sink you see or use the hand sanitiser station.
- Please immediately make your way to your child's allocated room.
- Use the supplied alcohol-based hand sanitiser every time you enter or leave your child's room; before and after touching your face; and every time you enter or leave the Children's Ward.
- Use a tissue to cover your mouth when you cough or sneeze, or cough into your elbow or upper arm.
- Dispose of used tissues in the bin immediately.
- Clean equipment and toys before and after use with the provided cleansing wipes.
- Do not take toys and equipment in or out of your child's room.
- Maintain social distancing requirements by keeping a distance of 1.5 meters of anyone other than your child.
- Stay home if you feel unwell.

We understand that this is a worrying time for parents. If you have any questions or concerns, please speak to the nurse or the doctor caring for your child.

The COVID-19 outbreak is an evolving situation and the advice given in this information sheet may change in the coming weeks. For further information on COVID-19, visit the Victorian Government website: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>.

Thank you for your understanding and support.