



**UNIVERSITÄTS
KLINIKUM** **FREIBURG**

ZKJ ZENTRUM FÜR KINDER-
UND JUGENDMEDIZIN

Hygiene measures in plain language



We made this info booklet together with:
The Institute of Environmental Medicine and Hospital Epidemiology.

This info is in plain language.

This lets many people understand the info.

For example: People who cannot speak English well or people with learning difficulties.

Info for parents

If some-one is sick:

They can have some-thing in their body that can make others sick.

This is called: A germ. Germs are how you can get diseases from other people.

This is called: To become infected. Some germs are easy to catch. This is very dangerous for other people. You must do some-thing so that other people do **not** become infected.

The rules for what you must do are in this info booklet.

These rules are called: **Hygiene measures.**



DEAR PARENTS,

The doctors have said:

- Your child might have germs in his body or
- Your child has germs in his body.

These germs are dangerous for other children.

Other children can become infected. Some children can get sick easily. Germs are very dangerous for these children.

That is why we must separate your child from the other children.

This is called: Isolate.

You must do some-thing to make sure other people are **not** infected.

The rules for what you must do are in this info booklet.

These rules are called: Hygiene measures.

No one should become infected.

For example:

- Other patients
- Hospital employees
- Hospital visitors
- You and your family

You must co-operate so that no one becomes infected.

Please follow the rules so that no one becomes infected.

If you want to know some-thing about the health of your child: Please talk to your doctor.



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YOUR CHILD IS SEPARATED FROM OTHER PEOPLE

If we have enough space, your child has his own room.

Your child may only leave the room when a doctor or nurse says it is okay.

There are special rules so that no one becomes infected.

If you want to enter your child's room: You must tell the nurses.

Your child is separated from other people:

- Your child may **not** use the bath-room for all children.
Your child may only use the bath-room in his room.
There is a potty or commode for this.
- Your child may **not** eat with the other children.
Your child must eat in his room.
- Your child may **not** go to rooms that are for all children.
For example: The play-room.

Please always change your child's diaper in his own bed.

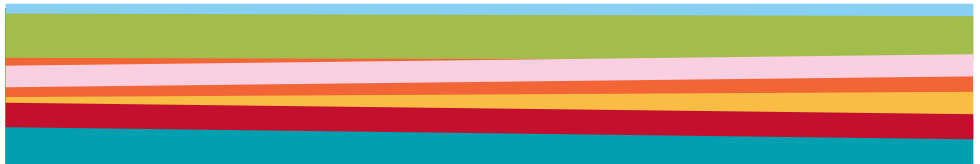
Unfortunately, we cannot always provide a private room.

Maybe your child is sharing a room with other children.

Then your child should not get too close to the other children.

Your child may not touch the other children or their things.

This is important so that no one becomes infected.



USE DISINFECTANT ON YOUR HANDS

Hands carry germs. You touch many things with your hands.
This is how most germs:

- Are given other people
- Get on things
For example: Toys or furniture

There is a substance that kills germs that are on your hands.
This substance is called: Disinfectant. You rub your hands
with the disinfectant. This is called: Hand disinfection.

So that no one gets sick, the most important rule of all is:
You must use disinfectant on your hands.

Your child and your other children must also use disinfectant.

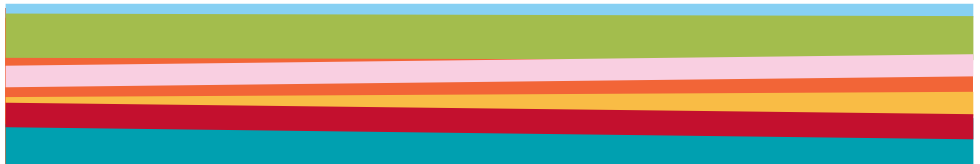
Many children cannot use disinfectant by themselves.

It is best that you:
Use the disinfectant yourself. You rub the disinfectant on your hands several
times. Then you rub the disinfectant on the hands of your child.

Please make sure:
The disinfectant dries. When the disinfectant is wet, your child should:

- Not rub his eyes
- Not put his fingers in his mouth

The disinfectant can hurt his eyes and mouth when it is still wet. The disinfectant
is not bad for your skin or your health.



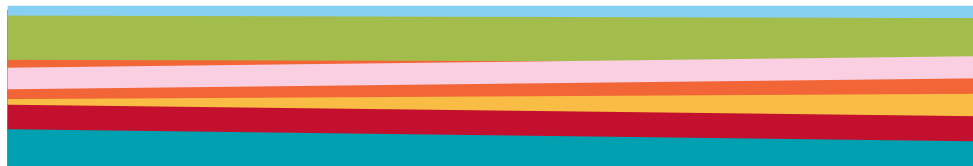
WHEN MUST YOU USE DISINFECTANT?

- Before you enter your child's room
- Before you leave your child's room
- Before you enter a room that is for many people
For example:
The kitchen for parents or the play-room. You may only enter the play-room when a nurse says it is okay
- After using the bath-room
- After you have helped your child go to the bath-room
- After you have changed your child's diaper
- After you remove protective gloves
- After you remove protective gowns
- After you remove surgical face masks
- After you sneeze or cough into your hands.
This is our tip for you:
If you have to sneeze or cough, cover your face with your arm



WHEN MUST YOU USE DISINFECTANT?

- Take off your rings. Take off your watches. Take off your bracelets.
- Use enough disinfectant. The disinfectant is in a container. When you press on the container, disinfectant comes out. Press 2 times or 3 times.
- Rub the disinfectant on your hands. Rub the disinfectant on your wrists. Remember to rub the tips of your fingers. Remember to rub the skin between the fingers. Remember to rub your thumbs.
- Rub the disinfectant in. Rub until your hands are dry. It takes about half a minute.
- A tip:
Use the disinfectant like lotion. The photos on the next page can help you. The photos show you how to use the disinfectant.



PHOTOS FOR HOW TO USE DISINFECTANT

When you use disinfectant fewer people can become infected.



The disinfectant is in a container. When you press on the container, disinfectant comes out. Hold your hands under the container. Press 2 times or 3 times.



There should be a lot of disinfectant in your hands.



Place your other hand on the hand with the disinfectant. Rub the disinfectant in.



Use your hand to rub the back of your other hand. Do this with both hands.



Stretch out your fingers. Place your hands together. Rub your hands together. Use your fingers to rub the skin between your other fingers.



Stretch out your fingers. Put one hand on the back of the other hand. Rub your hands together. Use your fingers to rub the skin between the other fingers. Do this with both hands.



Stretch out your hand. Put your fingers on the other fingers. In a way that the fingertips point to the other arm. Curl your fingers together. Do it like in the photo.



Use your hand to touch the thumb of your other hand. Rub the thumb. Do this with both hands.



Use your hand to rub the wrist of your other hand. Do this with both hands.

Rub your hands like explained. Do this until the disinfectant is dry. It takes about half a minute.

VISITORS

**Please make sure that your child does not have too many visitors.
Then fewer people can become infected.**

Maybe your child gets a visit:

- From siblings
- From other family members

Make very sure that the siblings follow the rules
For example:

- The siblings must stay in the room
- The siblings may **not** go in the play-room
- When the siblings leave the room:
They must use disinfectant just like we explained in this info booklet.

Your child's visitors should stay in your child's room.
They should go to other parts of the hospital as little as possible.
Please do not go in the kitchen for parents. Maybe you need some-thing.
Ask a hospital employee.

You can get food from the cafeteria. You can eat in your child's room. The cafeteria
is for many people. Before you go to the cafeteria: Please use disinfectant.



WEAR PROTECTIVE CLOTHING

Maybe your child has:

- A cough
- A runny nose
- A stomach illness with vomiting or diarrhea

When you take care of your child:

Liquids from your child can get on your skin. For example: Spit when your child coughs. This is dangerous because you can become infected. This is why you should wear protective clothing.

» Surgical face mask

Wear a protective mask for your nose and your mouth.

Make sure that the face mask covers your mouth and your nose. Throw the face mask in the trash.

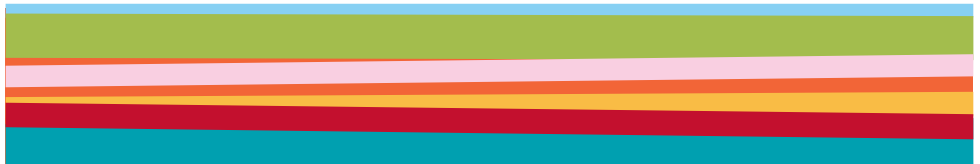
» Gloves

Wear gloves:

When you change your child's diaper or when you wipe your child's mouth.

You may only wear gloves at these times.

Do **not** touch anything else with the dirty gloves. Take off the gloves as soon as you are done. Throw the gloves in the trash.



» Protective gowns

Some-times, you might have to wear some-thing to protect your clothes. This protective clothing is called: Protective gown.

You should wear a protective gown at certain times, for example:

- When your child has diarrhea and you change your child's diaper.
- When your child vomited and you change their clothes.

When you take off:

- A surgical face mask
- Gloves
- A protective gown

Then you always use disinfectant on your hands afterwards.

You must also do this when you stay in the room. Always take off protective clothing before you leave the room.

GOING TO THE BATH-ROOM

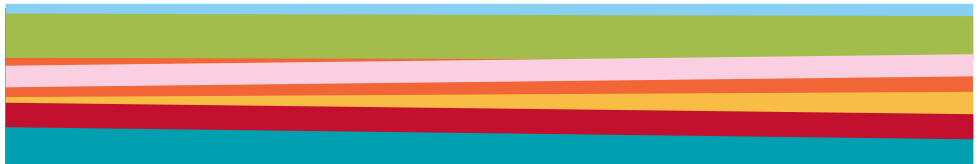
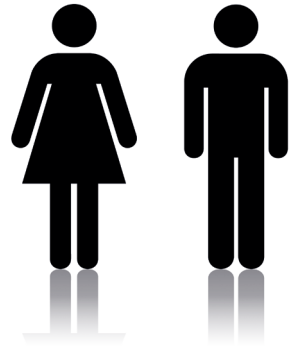
You might also have a disease that is contagious. Then it is safer when you stay at home.

Maybe you cannot stay at home and visit your child in the hospital.

Maybe you need to use the bath-room. The bath-room is there for many people. That is why you must please do this:

Use disinfectant on the flush button and the toilet seat. Use disinfectant on your hands.

Nurses are happy to show you how to do this.



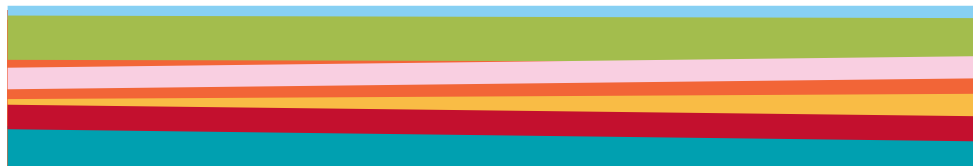
TOYS

**It is best if you bring toys from home for your child.
This way, other children cannot become infected.**

There are toys in the play-room. You may only borrow these toys when a child-care worker or nurse says it is okay. Please only borrow toys that you can wash off. You can use disinfectant for these toys.



If you borrow toys, they must remain in your room. When you no longer need the toys: Please tell a child-care worker or nurse.



THINGS THAT ARE DIRTY

Maybe some-thing is dirty because your child has coughed or spit. For example: The floor or a table. You must use disinfectant on these things. Please tell a nurse.



DEAR PARENTS,

There are many rules so that no one becomes infected.

Please be aware:

The rules can only help if every-one at the hospital follows them.

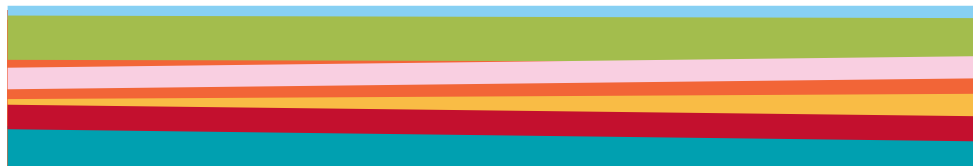
You can always ask these employees:

- Doctors
- Nurses
- Child-care workers

Maybe you are unsure how to follow the rules. We are happy to explain the rules to you and show you how to follow them.

Please ask us if you do not understand some-thing. Please ask us if you find some-thing difficult.

We are happy to help you.



PLAIN LANGUAGE

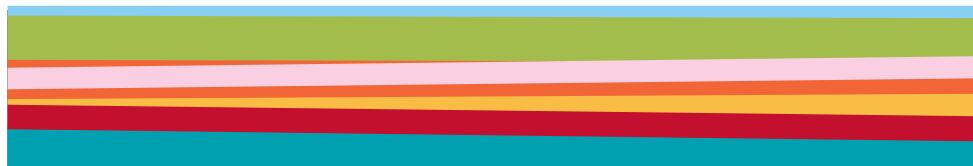
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For example:

People who cannot speak English well or people with learning difficulties.

Plain language:

Office for Plain Language from the Lebenshilfe Bremen e.V.



Universitätsklinikum Freiburg

Zentrum für Kinder- und Jugendmedizin

Postadresse: Mathildenstrasse 1

Anfahrtsadresse: Heiliggeiststrasse 1

79106 Freiburg

Information

Telefon +49 (0)761 270-43000

Internet

www.kinderklinik.uniklinik-freiburg.de

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