



Safety is a top priority for the Saskatchewan Health Authority. Our Pediatric Service Units have implemented detailed plans to reduce the spread of the COVID-19 virus. We are working to lessen the risk of infection, and ensure that our health care services are available for patients who are most at risk for severe illness. To keep our patients, families, staff and physicians safe, we are requesting your assistance.

1. It is important to have family support while healing within the hospital. Families and support persons can help to prevent the spread of viruses and keep children safe. While you are in the hospital with your child, the guidelines are:

- A maximum of 2 parents or consistent caregivers will be allowed to enter and exit the hospital unit for the duration of your child's hospitalization.
- Each caregiver will be issued an identifier (e.g. a coloured wrist band). Please do not remove the identifier until your child has been discharged from the hospital. You will need this identifier for access into the hospital and onto the unit.
- This identifier cannot be shared with a different family member.
- Other children, including siblings, are not permitted on the unit for their protection.
- We know that sometimes caregivers have more than one child to care for. If being in the hospital with your child is causing childcare issues for your children at home, please talk to our staff – we may be able to get you help.

2. Please be supportive while we screen you and the additional caregiver for COVID-19 (including any other respiratory or gastric symptoms).

- Patients and caregivers will be screened for COVID-19 symptoms and risk factors.
- As a caregiver, you are required to follow SHA guidelines for wearing the appropriate protective equipment (e.g. masks) this is for your protection and to prevent the spread of COVID-19
- Caregivers with any respiratory or gastric symptoms such as common cold symptoms, or flu-like symptoms such as diarrhea/vomiting are not allowed on the unit.
- If you start to experience cold or flu-like symptoms while your child is admitted, please tell the nursing staff immediately. In this situation, you will be allowed to arrange for someone else to take your place as you will not be able to stay on the unit.
- Each time you leave the hospital and return a nurse will repeat the provincial COVID-19 Screening Tool with you.

3. Care on the unit while admitted.

- You will be asked to limit the number of times you enter and exit the unit throughout your child's hospitalization.
- Handwashing/sanitization is required every time you enter and exit the hospital, the unit and your child's room.



- We encourage family members to use “virtual visiting” through electronic applications such as Facetime, Skype, or WhatsApp.
- Caregivers are encouraged to stay in the facility as much as possible. Should you need to leave please take the steps necessary to protect yourself and your child:
 - Wash your hands before leaving the hospital.
 - Wash your hands or have a shower when arriving home.
 - Avoid public places with the exception of essential services (food and household supplies).
 - Limit your contact with other people in the home and in public; maintain social distancing of 2 meters.
 - Do not allow visitors to your home or other children/family members to visit another home or public place.
 - Rest and eat well, reach out for support when needed.

4. Food or Meals during the hospital visit

- To reduce additional people to the facility we encourage you to eat within the hospital and keep the delivery of food to a minimum.
- You may bring meals and snacks with you. If possible, bring enough food to last for the hospital stay to avoid coming in and out of your child’s room or the hospital.

5. Transfers from another provincial health care facility

- If you have no symptoms, you will be able to be with your child and the nursing staff will discuss with you the need to monitor for cold or flu-like symptoms.
- Caregivers who have or who develop symptoms will be required to stay home.

6. Discharge Home

- Self-monitor by paying attention to new COVID-19 symptoms, including temperature, if you are living in or leaving an area with known COVID-19 cases. At the first sign of symptoms, such as increase in body temperature or development of a cough or sore throat or shortness of breath, self-isolate and call HealthLine 811 for assessment and direction.
- Follow-up appointments with your health care provider will be held virtually, if possible.

If you have to leave the hospital during your child’s stay, you will need to continue with social distancing, staying in your home, and staying away from public spaces.

We thank you for your understanding and cooperation during these unique and challenging times.