

Recommendations for home Level 1

For patients in Pediatric Hematology and Oncology

Level 1 : THERE IS A RISK OF APLASIA SHOULD THE NUMBER OF POLYNUCLEARS BE LESS THAN 500 FOR LESS THAN 7 DAYS (TO BE CONFIRMED BY YOUR REFERING PHYSICIAN)

GENERAL SKIN CLEANSING :

- **WHOLE-BODY WASHING** is recommended every day.
- **WASHING IS THE BEST TIME TO CHECK ON THE CATHETER OR IMPLANTABLE PORT :** any redness, pain, oozing or swelling should be reported.
- **THE CATHETER DRESSING MUST NEVER GET WET OR BE REMOVED.**
- **BATHROOM TOWELS :** children must have their own belongings (washcloth, towel). Changing them every day is not necessary (approximately twice a week). Use well-dried towels to prevent the spreading of germs.

HAND HYGIENE

- **WE REMIND YOU THAT WASHING HANDS IS VITAL FOR YOUR CHILD AND THE ENTIRE FAMILY, INCLUDING:** when returning indoors after being outside, before meals, after going to the toilet, or upon completion of any messy activity.
- **KEEP NAILS CLEAN**
- **WHICH PRODUCT ? :** washing with soap is the best method. An antibacterial gel is not required. It may be used in addition to soap (i.e.if access to water is not easily available).

CLOTHING

- **UNDERWEAR MUST BE CHANGED EVERY DAY.**
- **YOUR CHILD DOES NOT NEED TO CHANGE PAJAMAS EVERY DAY.**

SLEEPING

- **YOUR CHILD SHOULD SLEEP IN HIS/HER BED ALONE.**
- **IN THE EVENT HIS/HER BROTHER(S) OR SISTER(S) IS/ARE SICK, IT IS ADVISED THAT YOUR CHILD SLEEP IN A DIFFERENT ROOM.**
- **IF POSSIBLE, CHANGE THE BED SHEETS ONCE A WEEK.**
- **POTTED PLANTS AND FRESH-CUT FLOWERS ARE NOT ADVISED IN YOUR CHILD'S ROOM.** Their soil and water contribute to the spreading of germs and fungi.

RECOMMENDATIONS FOR TODDLERS

- **TOYS, INCLUDING STUFFED ANIMALS ARE ALLOWED.**

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RENOVATION / CONSTRUCTION

- **KEEP YOUR CHILD AWAY FROM DUSTY ENVIRONMENTS**, such as home renovations or outdoor construction.

HOME CLEANLINESS

- **A CLEAN ENVIRONMENT IS VITAL TO A SMOOTH TRANSITION BACK HOME FOR YOUR CHILD.** Fabric wall coverings and carpeting are not prohibited. Vacuum and air out rugs and carpets, and wash floors and bathrooms.
- **MAINTAIN REASONABLE HOUSEHOLD UPKEEP.** There is no need to buy specific cleaning products.

SCHOOL

- **IT IS IMPORTANT FOR YOUR CHILD TO KEEP UP HIS/HER STUDIES**, whether at school, in the hospital or at home.
- **YOUR CHILD CAN ATTEND SCHOOL SHOULD HIS/HER PHYSICAL STATE ALLOW IT.** Ask teachers to inform you of contagious diseases circulating, such as the chicken pox, flu and measles.
- **DURING PERIODS OF APLASIA, THE DECISION IS TO BE MADE WITH THE REFERRING PHYSICIAN.**

SPORTS

- **HAVING AN IMPLANTABLE PORT OR AN EXTERNAL CATHETER** is not compatible with the practice of violent sports or those involving intense arm movements on the side where the central line is located. If platelet numbers are low, sports involving a risk of shock or fall are not advised as they can cause bruising and bleeding.
- **CHILDREN WHO HAVE AN EXTERNAL CATHETER ARE NOT ALLOWED TO SWIM.**
- **SWIMMING IS PERMITTED FOR OTHERS IN THE OCEAN AND POOLS.**

PUBLIC AREAS

- **DURING PERIODS OF APLASIA, CONFINED, PUBLIC AREAS ARE NOT ADVISED DURING PEAK HOURS WITH HEAVY TRAFFIC PATTERNS.** Such areas include movie theatres, restaurants, shopping centers, public transportation, nightclubs, concert halls, swimming-pools and sandboxes.
- **YOUR CHILD DOES NOT NEED TO WEAR A MASK.**
- **CONTACT WITH SICK PEOPLE :** if people are contagious, they are to avoid contact with your child when he/she is in aplasia. If you happen to be sick, wash your hands more often, and avoid kissing your child.
- **DO NOT EXPOSE YOUR CHILD TO SUNLIGHT.** When outdoors, he/she is to wear a hat, t-shirt and total protection sunscreen.

PETS

- **YOU MAY KEEP YOUR PETS.**
- **YOUR CHILD MUST WASH HIS/HER HANDS AFTER PETTING AN ANIMAL.**
- **YOUR PET IS NOT TO SLEEP WITH YOUR CHILD.**
- **YOUR CHILD SHOULD AVOID CONTACT WITH LITTER AND FISHBOWL WATER.**