

## Children Visiting the Medical Center

*Keeping the medical center safe and welcoming for all*

*This handout gives tips about bringing children who are not patients to University of Washington Medical Center. Please follow these guidelines to help ensure the safety and comfort of all patients and visitors.*

### Guidelines

- A responsible adult must closely watch children **at all times** in the medical center and clinics. Keep children next to you. Be extra careful when in hallways, stairwells, waiting areas, and near elevators.
- Do **not** let children near equipment in the medical center, a clinic, or exercise rooms. They could harm themselves or the equipment.
- Medical center staff and healthcare providers will **not** provide childcare when you are busy or at your appointments.
- Do **not** bring children visitors to the medical center or clinics if they have a fever, flu or cold symptoms, a rash, diarrhea, or have been recently exposed to a contagious illness, such as chickenpox.
- Clean hands are expected! Please use soap and water or the hand gel that is found throughout the medical center and clinics.
- Prepare for your visit. Pack snacks and comfort items, like blankets, dolls, books, and quiet games, to help make a visit to the medical center less stressful for children. These items will help keep children busy and calm. This will add to a more healing environment for all.



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### If a child is visiting a hospital patient:

- Children can bring comfort to patients who are in the hospital. If you bring children to visit, keep your visit short.
- Patients who are recovering will get tired easily and need lots of rest. Take children outdoors for breaks if your visit lasts longer than planned.

- There are waiting areas on each floor of the hospital. Remember that these and all other areas in the hospital are quiet areas.
- Do **not** leave children in the care of an inpatient. An adult other than the patient must supervise a child at all times.

**If children must come with you to a clinic visit:**

- Always ask before bringing children to your visit. Children are not allowed in surgery recovery areas, physical therapy, diagnostic areas, and exercise training centers during treatments and procedures. **We may need to reschedule your visit or procedure if you bring children with you to these or other areas.**
- Please bring another responsible adult to watch your children. Medical center and clinic staff will not provide childcare.
- Bring food, drinks, and toys for your children.
- Bring a safe child seat or stroller for younger children.
- Think about how long you will be at the medical center. Most visits and wait times are too long for children.
- Remember: Your clinic visit will be shorter and more effective if you focus on *your* care while you are here, not on caring for your child.

**Medical Center Facilities**

Children and their adult supervisor may enjoy these places at the hospital:

**Food and Beverages**

- The Plaza Café is on the 1st floor is the main hospital cafeteria. It has vegetarian and vegan options.
- Espresso stands offer snacks and drinks:
  - Near the Gift Shop on the 3rd floor of the hospital
  - In the rear of the Plaza Café sitting area on the 1st floor
  - In the Surgery Pavilion on the 1st floor
  - Roosevelt Clinic at 4245 Roosevelt Way N.E., 1st floor
- The Gift Shop on the 3rd floor, near the main lobby, offers drinks, snacks, candy, small gifts and toys, books, and magazines.

**Outside the Hospital**

- The Montlake Cut is a waterway behind the Surgery Pavilion and hospital. Watch the boats go by and enjoy free space to walk and play.
- The University of Washington campus is across N.E. Pacific Street from the hospital. Enjoy walking paths, open spaces, and gardens throughout the campus.

**Questions?**

Your questions are important. Call your clinic or the inpatient unit your loved one is on if you have questions or concerns.