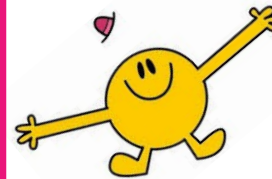


# Health checks

Am I healthy?	D0	D1	D2	D3	D4	D5	D6	D7
What is my temperature?								
Do I have difficulty breathing?								
Do I have a cough?								
Do I have a sore throat?								
Do I feel tired or weak?								
Does my body ache?								
Do I feel cold?								
Do I have a headache?								
Are my eyes red?								
Do I feel like vomiting?								
Is my tummy very runny?								
Have I lost my senses of taste & smell?								
How am I feeling?	W0	W1	W2	W3	W4	W5	W6	
I feel nervous, anxious or on edge more than half the days in the week.								
On more than half the days of the week I am unable to stop or control worrying.								
On more than half the days of the week I have little interest or pleasure in doing things.								
On more than half the days of the week I feel down, depressed or hopeless.								
I have just had a baby.	D0	D3	D7	W1	W2	W6		
Am I still bleeding heavily?								
Is my pain (stomach/vagina) getting worse?								
Are my stitches red, swollen or oozing?								
Are my legs sore, red or swollen?								
Are my breasts hot or red ?								
Do I feel dizzy or faint?								

## Welcome to the Lodger Unit

Name: \_\_\_\_\_



You must feel worried and a little frightened because your child is in hospital. The nurses and doctors caring for your child will give your child the best care possible. We know how important it is for you to stay with your child and have therefore made this lodger unit available for you at no charge. We hope you will feel comfortable and cared for during your time here.

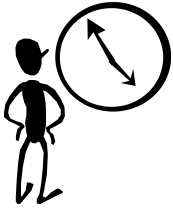
## What can you expect?

- ✓ You will be admitted and given an inpatient folder and ID band.
- ✓ A supervisor to support and assist you in the lodger unit. Please speak to her if you have any needs or concerns about your accommodation.
- ✓ 3 meals per day and tea/coffee (with crockery and cutlery)  
(Please ask where you can safely buy extra snacks if you need.)
- ✓ Each lodger unit is different. Please ask where you can warm a meal, store food and relax (indoors and outdoors) if your unit does not have a social area.
- ✓ Hand sanitizer, personal soap, toilet paper, sanitary pads and cleaning materials.
- ✓ The living area and bathroom will be cleaned twice per day.
- ✓ Clean clothes every day (You may wear your own clothes if you wish)
- ✓ Clean bed linen every week.
- ✓ We know that you may be here a long time and it is important for you to receive visitors. They are welcome during visiting hours but please only entertain them in the social area and not in your living areas. **Please check with your unit during the COVID-19 pandemic, whether visitors are currently allowed.**

## What we ask of you?

- ✓ To protect you, your child & all who work in the hospital please be truthful if you have been in contact with someone with COVID-19 or if you have any symptoms.
- ✓ There is very little hand sanitizer in the hospital. It is provided for your and the other mothers' safety. Please make sure it is not removed from your living areas.
- ✓ The lodger unit is your home. Please keep it clean & tidy-especially after meals.
- ✓ For your safety and that of your child please don't visit other wards/mothers in the hospital. You can easily get sick this way. Only move between the lodger unit (social area) and the ward. Please ask to be accompanied when you leave the lodger unit - particularly at night.
- ✓ If you need to leave the hospital or return home for any reason please discuss this with the nurse in your child's ward.

# Ward routine



You may visit your child whenever you would like and remain with your child as long as you need.

Each hospital and ward will have a slightly different routine as to when they expect you to be present to support your child particularly at feeding times. Please ask if a routine is not displayed.

**0800:** Your breakfast (If at any time you need to be with your child please ask for your meal to be kept and rewarmed for you.)

**09:00-1200 :** During this time the doctors come to see your child and any new orders or investigations will be carried out. You should be with your baby during this time.

**13:00 :** This is rest time for both you and your child Your child will be cared for whilst you rest for an hour or so.

**14:00 :** Your child's routine care and feeding is continued. (This is a good time to do some kangaroo care with your baby.)

**20:00:** You can assist the nurse to bath your child and clean your child's bed.

Generally after 23:00 the nurses will care for your child until 05:00 so that you can rest.

# Boarder mother champion

We request that the KMC mothers together with the nurses, select one mother to be your champion.

How to choose your champion? She should:

- ✓ Preferably be able to speak a little English.
- ✓ Be able to read and write isiZulu.
- ✓ Be confident and caring.
- ✓ Have been in the lodger unit for a few days.

What the champion should do:

- ✓ Help new mothers in the lodge to know what is expected of them.
- ✓ Make sure all the mothers are safe and well.
- ✓ Teach and watch the mothers as they wash their hands and interact in the unit.



# Your health

Your health and that of the other mothers is important to us and to your child.

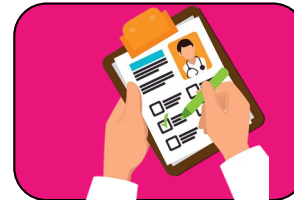
Your child needs you to stay healthy so you can keep on loving and caring for your child.

If you get sick you may be asked to go home.

Please make sure:

- ✓ You don't touch other mothers or their children and keep at least 3 steps apart.
- ✓ You wear a mask unless you are eating, in the bathroom or sleeping.
- ✓ You don't visit other wards or go outside the hospital.
- ✓ You bath or shower every day.
- ✓ You wear clean clothes every day
- ✓ You wash your hands often

- After using the toilet
- After coughing or sneezing
- Before and after meals
- Before and after breast feeding/ expressing milk
- After touching another mother
- Before leaving the lodger/KMC unit and after returning
- Before and after entering the neonatal unit/children's ward



It is important that you check your physical health twice a day and how you are feeling every week. It is a stressful time for you and you might feel very anxious.

- ✓ Before you first enter the lodger unit (Day 0) the nurse will assist you to check your health using the questions on the next page.
- ✓ Please also take this booklet to the ward each morning and ask the nurse to help you check your health each day (D1-D7). If you finish a week please ask for another booklet.
- ✓ When you check your temperature-a temperature above 38°C shows a problem.
- ✓ If you have just delivered a baby please also complete the bottom section on day 3, Day 7 and each week after that.
- ✓ Put a tick (✓) if the answer is yes and a cross (✗) if the answer is no.
- ✓ If you put a tick in any box -that is a warning sign. Please ask the nurse what you should do next.