
Help us keep your baby safe

The safety of your baby and others in the Neonatal Intensive Care Unit is our first concern.



Babies who are premature or sick are not able to fight infections. Even a cold or mild illness could be very serious for your baby.

We must make every effort to prevent the spread of germs. Please read this handout to know how you can help.

1. Parents and visitors must be healthy

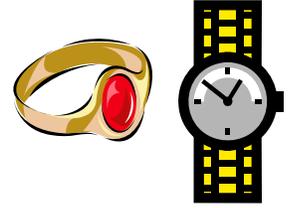
- If you have a fever, cold, cold sore or feel unwell – please stay home. You can keep in touch with your baby's nurse over the phone. If you are breastfeeding, call and speak with the nurse. You may be able to come in for feedings if you wear a mask to protect your baby.
- Tell all visitors that they must be healthy to visit your baby. If they are unwell, ask them to stay home.

2. Limit visitors and contact with your baby

- Limit the number of people that visit your baby. Choose a few people that you want to visit your baby. The fewer people your baby is exposed to - the less chance of your baby getting an infection.
- Limit the number of people that hold your baby. We suggest that only the mother and father (or other person wearing baby's ID band) hold the baby. The fewer people that touch your baby - the less chance of your baby getting an infection.
- Tell other family members and friends that you will keep in touch with pictures, e-mail or talking to them.

3. Wash your hands often

- When you arrive, take off your rings, watches and bracelets. Do not put them back on until after you leave.
- Wash your hands with soap and water for 30 seconds every time you enter the unit.
- When you are at your baby's bedside, wash your hands with waterless soap. Remember to wash your hands if you touch your nose, mouth, hair or shake someone's hand. Our staff avoids shaking hands to prevent spreading germs. Please do not be insulted by this.
- Wash your hands with soap and water again before you leave the nursery.
- If you have artificial nails, we strongly advise you to remove them.



4. Make sure everyone washes his or her hands

- Tell your visitors why they must wash their hands often. Tell them or show them how to do this the correct way.
- We encourage you to remind others to wash their hands before touching your baby. This may be a doctor, nurse, health care aide or one of your visitors. **We are all responsible for your baby's safety.**



Washing hands is the best way to stop the spread of germs and prevent your baby from getting an infection.