

Working together to protect babies from infections



With a few simple steps, parents, visitors and staff can help prevent the spread of germs that could make babies very sick.

Look for this poster!

Posters at each entrance tell everyone how to protect babies from infections.

This pamphlet describes these important steps for all parents, visitors and staff.



How you can help prevent infections

1. Bare below the elbows

Before entering the Neonatal Nurseries:

- ✓ Take off your watch, bracelets, rings and other jewelry.
- ✓ Secure long sleeves above your elbows.

**Your arms should be bare
from the elbows down.**

2. Scrub on entry

Before entering the Neonatal Nurseries, stop at the sink to scrub your hands and arms with soap and water.

Scrub for 30 seconds from your fingertips to your elbows.

3. Clean your hands during your visit

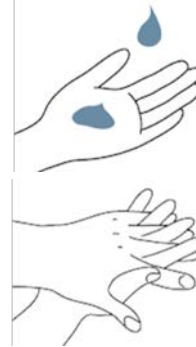
Inside the nursery, clean your hands often with alcohol-based hand rub.

Using alcohol-based hand rub

Apply 1 or 2 pumps of product to palms of dry hands.

Rub hands together, covering all surfaces and between fingers for 15 seconds.

Once dry, your hands are safe.



Clean your hands:

- ✓ Before and after touching your baby.
- ✓ Before and after touching things around your baby's bedside.
- ✓ After you touch your hair or face.
- ✓ After coughing or sneezing.

**We may remind you to wash your hands.
We invite you to remind us as well.**

4. Other ways to prevent infections

When you come to the nursery, put your outside coat or jacket, purse and other bags in the family lounge or on the hooks beside the entry sink.

If you have brought frozen containers of breastmilk, ask the Business Clerk for a plastic bag. Put your containers into the bag. Do not bring your cooler into the nursery.

If you need a drink, bring water in a closed unbreakable container. No other food or drinks are allowed in the nursery.

Before entering the nursery, clean your cellphone. Wipes that are safe for electronics are available at all entrances. Always clean your hands after handling your cellphone.

Inside the nursery, we ask that you tuck away any loose items that might get in the way when caring for your baby. This includes long hair, scarves, necklaces and cellphones.

**If you have any questions about preventing infections,
please speak with your baby's nurse or doctor.**

