

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

- When you arrive at the nursery, the business clerk will ask if you are feeling well. This is not just being polite! We must make sure that the people who come into the nursery are well.
- If you have a fever, a cold or feel unwell – please stay home. 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. Let them know the business clerk will ask them if they feel well. If they are unwell, they will not be allowed into the nursery.

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, email or talking to them.

3. Wash your hands often

- When you arrive at the nursery, take off your rings, watches and bracelets. Do not put them back on until after you leave the nursery.
- Wash your hands with soap and water for 30 seconds every time you enter the nursery.
- 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 are making an effort not to shake hands. Please do not be insulted by this. It is just one more way we can prevent spreading germs.
- 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 how to do this properly or let them read your "Welcome to Neonatal" book.
- We encourage you to remind others to wash their hands. If you think someone about to see your baby has not washed his or her hands, please remind them. this may be a doctor, a nurse, health care aide or one of your visitors. We are all responsible for your baby's safety.

	<p>Washing your hands is the best way to stop the spread of germs and prevent your baby from getting an infection.</p> <p>Complete instructions for hand washing are in your "Welcome to Neonatal" book.</p>	
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