



Help keep our baby free from infection

A leaflet for parents to give to their visitors

Thank you for supporting us by visiting and being with us at this time.

Babies are admitted to the neonatal unit because they are unwell or premature and this makes them more vulnerable to infection than healthy mature babies. Infection may mean more time on a drip, more antibiotics, more time on a ventilator or in oxygen, extra medication to support the organs and a longer stay in hospital. If infection is very serious, it may threaten normal brain development and the chance of a baby's survival.

Bacteria can be picked up from the environment, from care-givers and from parents and other visitors. Here are some actions which you should take to help our baby stay free of infection:

1. **remove your outside jacket or jumper** before entering the nursery.
2. **roll up your sleeves** to ensure that your wrists and arms are bare to just above the elbow.
3. make sure you **remove any watch, bracelet or any ring that has jewels** on it. Plain wedding-style bands are allowed.
4. go immediately to the sink and **wash both hands with soap**, following the instructions on the pictures displayed at the sink and overleaf.
5. go to our baby's cotside and **do not touch any other baby's worktop or equipment** on the way there.
6. wash your hands or use alcohol rub **before leaving** the nursery.
7. **only three visitors** are allowed to visit a baby at any time.

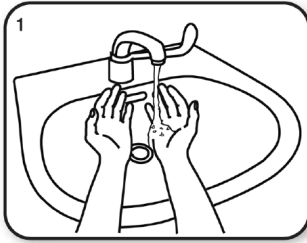
The staff in the neonatal unit regularly conduct random checks to monitor how well the staff, parents and visitors perform hand hygiene. You can find the monthly results on the board in the corridor. This is important so everyone is motivated to do their very best to help keep all babies free from infection.

Thank you again for your support and for coming to see us.

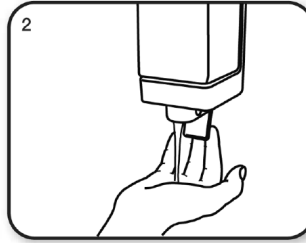


How to Hand Wash - Step by Step Images

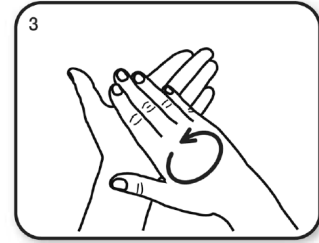
Source: World Health Organisation



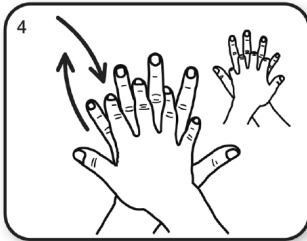
1 Wet hands with water



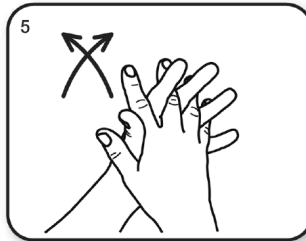
2 Apply enough soap to cover all hand surfaces



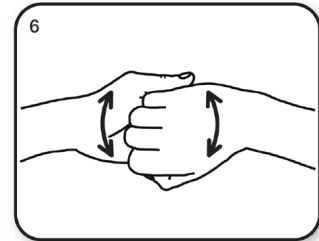
3 Rub hands palm to palm



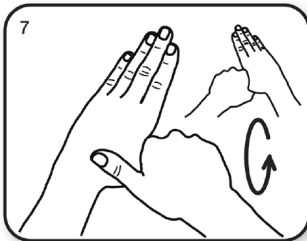
4 Right palm over the back of the other hand with interlaced fingers and vice versa



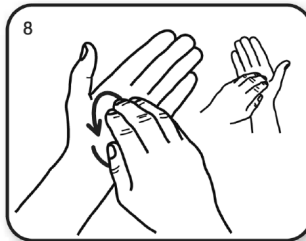
5 Palm to palm with fingers interlaced



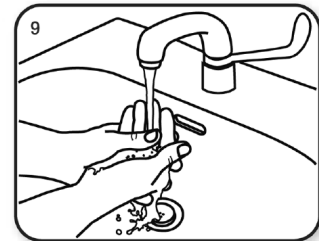
6 Backs of fingers to opposing palms with fingers interlocked



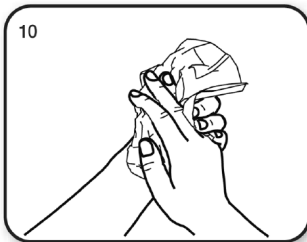
7 Rotational rubbing of left thumb clasped in right palm and vice versa



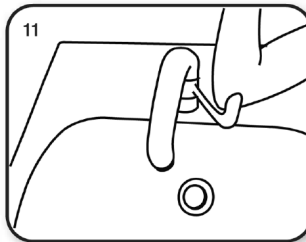
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



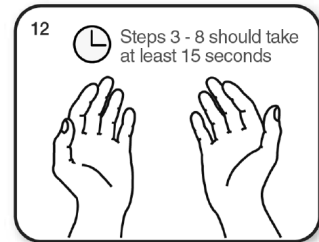
9 Rinse hands with water



10 Dry thoroughly with towel



11 Use elbow to turn off tap



12 Steps 3 - 8 should take at least 15 seconds

...and your hands are safe

Adapted from the World Health Organisation