



Working in partnership with parents to reduce infection in babies

Your baby's health is very important. Your baby has been admitted to the neonatal unit because your baby is 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 your baby's survival.

Bacteria can be picked up from the environment, from care-givers and from parents and other visitors. The neonatal unit staff work hard to prevent this happening but we need your help too. Here are some actions which you and your visitors should take to help your 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 your baby's cotside and **do not touch any other baby's worktop or equipment** on the way there.
6. use alcohol rub to clean your hands **before** touching your baby.
7. use alcohol rub to clean your hands **after** touching your baby.
8. wash your hands or use alcohol rub **before leaving** the nursery.
9. **only three visitors** are allowed to visit your baby at any time.

Remember that expressing your milk is also very important in protecting your baby against infection and boosting your baby's immune system. If you have not yet started expressing, please see your nurse or your baby's nurse who will help you learn how.

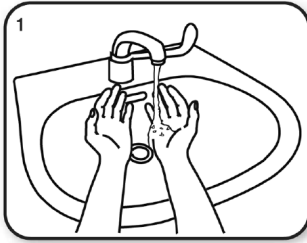
We regularly conduct random checks to monitor how well our staff, parents and visitors perform hand hygiene. You can find the monthly results on the board in the corridor. We feel this is important so everyone is motivated to do their very best to help keep all babies free from infection. Please help your visitors understand how serious infection could be for your baby, and what they can do to help.

Thank you. Together we will work to keep your baby healthy and happier!

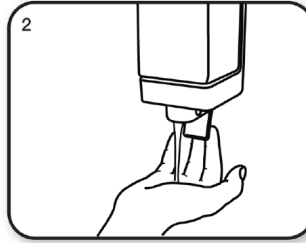


How to Hand Wash - Step by Step Images

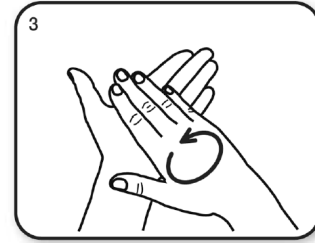
Source: World Health Organisation



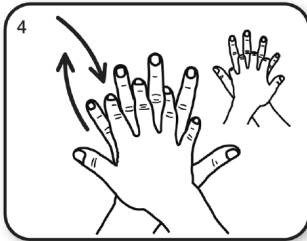
1 Wet hands with water



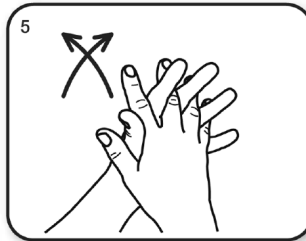
2 Apply enough soap to cover all hand surfaces



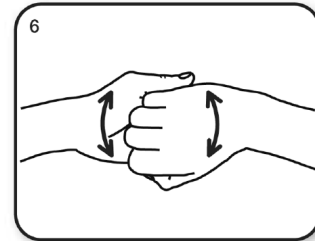
3 Rub hands palm to palm



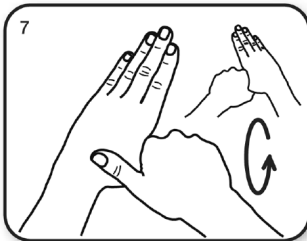
4 Right palm over the back of the other hand with interlaced fingers and vice versa



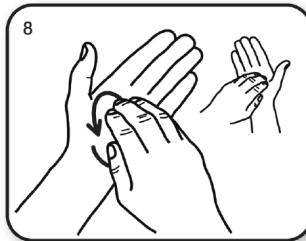
5 Palm to palm with fingers interlaced



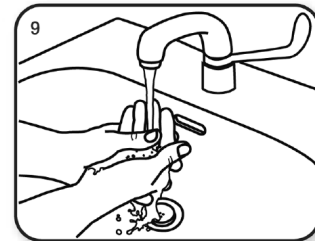
6 Backs of fingers to opposing palms with fingers interlocked



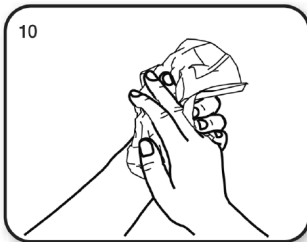
7 Rotational rubbing of left thumb clasped in right palm and vice versa



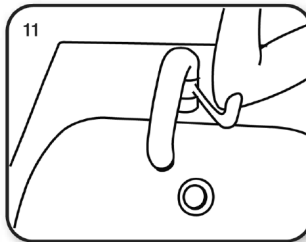
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



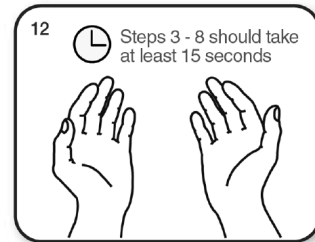
9 Rinse hands with water



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