



How to Prevent Your Child from Getting an Infection

What are infections?

- Are caused by germs (bacteria, viruses or fungi)
- Some germs on or in your body are helpful and some germs are harmful
- An infection occurs when harmful germs get into the body

Some common sites of infections include: the nose, throat or lungs; the middle ear; skin or hair; and stomach and/or bowel.

All parents and family members can help prevent infections in the hospital by:

- Cleaning their hands before seeing their child and before leaving their child's room
- Limiting the number of people who visit their child
- Not visiting if they feel unwell

Handwashing is the most important way to reduce the spread of viruses and germs. It's important to teach kids to wash their hands after coughing, sneezing, or wiping their nose.



Hand wash with soap and water:

1. Wet your hands under running water
2. Scrub your hands well with soap. Remember to wash the front and back of your hands, between your fingers and under your fingernails.
3. Washing your hands should take 15 seconds – about the time it takes to sing the “ABCs” or “Happy Birthday” song!
4. Rinse your hands under running water
5. Dry your hands with a clean towel



When water and soap are not available and hands are not visibly dirty, you can use hand sanitizer. Keep sanitizers out of the reach of children because they may be harmful if swallowed.

Hand Sanitizer:

1. Apply a dime-sized amount (enough to cover the surface of hands)
2. Rub hands together – get all surfaces
3. Rub hands until dry



Wash your hands before:

- Preparing or eating food
- Feeding your baby or child
- Taking or giving medication

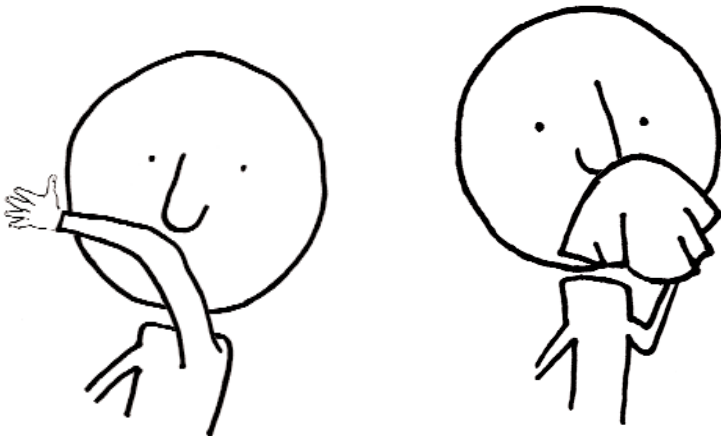
Wash hands after:

- Using the toilet
- Helping a child use a toilet
- Changing a diaper
- Sneezing, coughing or blowing noses
- Cleaning up vomit
- Taking care of a sick child
- Treating a cut

Cough and Sneezes – Catch them!

Use a tissue, put it in the garbage, then clean your hands, or

Turn head to catch cough or sneeze on the inside of your elbow



Prevention:

- Delay visits if you, your child, family or friends are unwell
- Ask visitors and health care workers to clean their hands
- Avoid sharing cups, utensils, toys or towels until they have been washed

Questions?

If you think your child may have an infection, or you have questions:

- Speak with your nurse
- Contact your health care provider, nurse or nursing station
- Health Links – Info Santé at 788-8200 (toll free 1-888-315-9257)

Next Review: June 2023