



## Keeping Your Baby Safe from Germs in the NICU

You are the best person to make sure that all people who come to see or work with your baby do not spread germs.

You can learn what you need to do and teach the people whom you bring with you.

You can also watch others who come to your baby's bed to make sure that they do the same.

We want you to feel that you can ask people to wash their hands if you think they have not done it well enough. We will do the same.

The most important thing for you to do is to wash your hands the right way and make sure that each person that touches your baby does too.

### When you come to your baby's room, you must wash your hands:

- Remove your rings, bracelets and watch.
- Wash your hands well with soap and water or hand sanitizer.
- When using soap, make sure that you wet your hands first, then take the soap and rub all parts of your hands and wrists with soap and keep rubbing for at least 10 seconds. To keep track of how long this is, it is the same length of time it takes to sing the "ABC" song.
- Then rinse and dry well with paper towels.

- When using hand sanitizer, put some in your hand (the size of a dime) and make sure that you clean under your fingernails and cover all parts of your hands, wrists and between your fingers with the sanitizer.
- Your hands must be dry before you touch your baby.

### To keep your hands clean after they are washed:

- Do not touch your face, hair, chairs, other surfaces.
- Use a paper towel to touch anything that has not been washed.
- Before you leave your baby's room you must wash your hands again.
- If you touch something that is not "clean", such as your purse, jacket, doorknob, chair, etc., you must wash your hands again before you touch your baby.

#### REMEMBER:

Cell phones carry many germs. You should avoid holding/touching your cell phone when you are holding/touching your baby. You should always clean your hands after touching your cell phone. To help keep germs from your cell phone away from your baby, we provide plastic bags for you to place your phone.

Next Review: October 2025