Speak Up to Prevent Infections

Your child's health and safety are important to us. You can make a difference in your child's care by asking questions and being actively involved.

What can you do to help prevent infections?

1) Clean your hands up to your elbows.
   - Use alcohol-based hand sanitizer.
   - Use soap and water if your hands look dirty.
   - Always wash your hands before entering or exiting your child's room, touching, or holding your child, and eating with, or feeding your child.
   - Avoid long fingernails or nail designs, these are hiding places for germs.
   - Avoid wearing clothing or jewelry below your elbow when visiting your child.
   - Always wash your hands after touching personal devices such as cell phones, changing diapers, coughing, sneezing, or blowing your nose, and using the restroom.
2) Remind care providers to clean their hands.
   - As soon as they enter your child's room.
   - Before and after touching your child.
3) Try not to touch tubing or wires when holding your child.
4) Please stay home if you feel unwell. If you feel you must visit, speak with your child's nurse before