

Clean hands protect your baby

Cleaning your hands is one of the most important things you do while your baby is in the Neonatal Intensive Care Unit (NICU). Clean your hand to reduce the spread of germs that cause colds, flu, and other infections. Some infections can threaten your baby's life.

When to clean your hands

- When you enter the hospital
- Before you enter the NICU
- Before you go to your baby's bedside
- Before you touch your baby, after **every time** you touch other objects or surfaces (for example, your cell phone)
- After you touch your baby
- Before you leave your baby's bedside
- Before leaving the NICU
- Before leaving the hospital

Two ways to clean your hands

When to use alcohol based hand rub (ABHR):

- After coughing or blowing your nose
- After touching an object like your cell phone or a surface like a table

When to use soap and water:

- When you can see your hands are soiled or dirty
- After visiting the bathroom
- Before entering or exiting the NICU

How to clean your hands using Alcohol Based Hand Rub (ABHR)

1. Apply a loonie-sized amount of ABHR on your hands.
2. Rub together, covering all surfaces of hands and fingers.
3. Rub until hands are dry (about 15 to 20 seconds).



How to clean your hands using soap and water

1. Wet hands.
2. Apply soap.
3. Lather to wash all surfaces up to the elbows.
4. Continue rubbing for 30 seconds.
5. Rinse well.
6. Dry hands with paper towel.
7. Use paper towel to turn off tap.



Ask others to clean their hands

'Clean hands' is everyone's responsibility. Ask anyone who visits your baby to clean their hands often. Germs can be spread by touching an object like your cell phone or a surface like a table. It is important that we all work together to keep your baby safe by cleaning our hands often.