

FAMILY to FAMILY

Dear Families,

We are parents of children who received care from Lucile Packard Children's Hospital. Through the years, we have learned about the importance of building partnerships with our child's health care team. At Packard Children's, you are encouraged to be an active and full member of your baby's health care team.

This brochure was created in partnership with Packard Children's staff to bring you information about hand washing in the NICU. We have included information about how you can help to prevent the spread of germs through hand washing.

*From our family to yours,
The Parent Lead Staff
Dept. of Family-Centered Care*



**FAMILY-CENTERED CARE
AT PACKARD CHILDREN'S**

This brochure was compiled by:
NAP (Newborns and Parents Advisory Council)
The Family-centered Care Department
BOB-YIN Committee



WASH YOUR HANDS!

**According to the Centers for
Disease Control and
Prevention (CDC):**

**“Keeping hands clean is
one of the most important
steps we can take to avoid
getting sick and spreading
germs to others.”**

family-centered care

FAMILY to FAMILY
S E R I E S

Washing Your Hands



How you can
help to keep
your baby
healthy

**Lucile Packard
Children's Hospital**
AT STANFORD





families + packard = family-centered care

Help keep your baby healthy by following the recommended hand washing guidelines:

1

When You Enter the Unit

- ❖ Remove jewelry and watches from hands and wrists. You may wish to leave them at home. If not, safety pins are available at the sinks to pin jewelry to your clothing.
- ❖ Roll up long sleeves, or remove jackets with long sleeves.
- ❖ Scrub hands and arms up to elbows with soap and warm water for 1 minute.
- ❖ Dry your hands with a paper towel.
- ❖ Do not replace your clothing over your clean arms and hands after washing.
- ❖ If you leave the unit repeat these steps upon your return

Please join all of us at Packard Children's Hospital in our effort to reduce the spread of germs and help keep your baby healthy.



2

On the Unit

Wash your hands for 15 seconds or use alcohol foam:

- ❖ Before touching your baby.
- ❖ After changing a diaper.
- ❖ After touching your face or eyes.
- ❖ After using a tissue.
- ❖ If you have multiple babies, between touching each baby.

3

Also

- ❖ It is recommended that you do not wear false fingernails. Keep natural fingernails short and free of nail polish.
- ❖ After your initial 1 minute hand washing you may use alcohol foam from the containers throughout the unit--Ask your nurse to help you find the closest foam container.