



## FAMILY *to* FAMILY

Dear Families,

We are parents of children who receive care from Packard Children's Hospital. We truly understand many of the challenges you may be facing during hospitalization, treatment, and ongoing medical care for your child. We want you to know that you are not alone in your journey here. We hope that the information in these Family To Family brochures will help make your experience at Packard as comfortable and safe as possible.

We have learned that building partnerships with your health care team is an important action that directly benefits your child. Every family is encouraged to build this partnership in the way that feels most comfortable to them. This brochure was created by parents in collaboration with Packard staff. Our goal is to share ideas and strategies that have worked well for our families. We hope this is a source of encouragement and support as you

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The Family  
Advisory Council  
of LPCH

family centered care

## Preventing Infection



easy steps you can take

Question:

What is the #1  
thing you can do to  
stay healthy and  
prevent infection?

Answer:

Wash your hands!

Lucile Packard  
Children's Hospital  
AT STANFORD





# families + packard = family centered care

At Packard Hospital, your child's health and safety are our top priority. Here are some suggestions to keep infections and colds from spreading:

## 1 WASHING YOUR HANDS

How to wash your hands effectively to prevent infection:

- Use warm water and soap and scrub your hands and wrists for one minute
- Feel free to use any of the widely available hand sanitizers located throughout the hospital
- Using sanitizer is a great idea after pushing elevator buttons, being in the cafeteria, handling toys in the playroom, etc.

## WEARING GLOVES AND MASKS

- Health care providers should wash their hands and wear clean gloves when they take throat cultures, draw blood, insert IV's or touch wounds/body fluids.
- If you feel comfortable, don't hesitate to gently remind staff to wash their hands or wear gloves
- If you are not feeling well while at the hospital, please ask your nurse for gloves and a mask to help prevent the spread of germs in case you are contagious

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### When to wash your hands or use sanitizer:

- Upon entering or leaving your child's room
- Before touching your child
- After changing a diaper or using a bathroom
- After touching your face or eyes
- Before and after eating
- After using a tissue



**Thank you for doing your part to stop the spread of infection at Packard**

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## KEEPING GERMS FROM SPREADING

Many diseases are spread through sneezes and coughs. Germs can travel three feet or more! When you sneeze and cough, please:

- Cover your mouth and nose to prevent the spread of infection
- Use a tissue and throw it away immediately after use
- If you don't have a tissue, cover your mouth and nose with the bend of your elbow and hands. If you use your hands, wash them right away

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## REDUCING THE RISK OF INFECTION

- Bathe your child the morning before surgery
- If appropriate, ask if your child should get antibiotic medication 1 HOUR before surgery
- If your child has a central line, check that the skin around the line is clean
- If your child has several IV lines, ask regularly whether all are medically necessary
- Ask sick guests to refrain from visiting