

HAND HYGIENE IN THE NEONATAL INTENSIVE CARE UNIT

When should you perform hand hygiene (clean your hands)?

Before entering the unit

After using your cell phone

Before touching, holding or snuggling with your baby (each and every time)

After direct contact with your baby OR baby's bed space or equipment

After touching your baby's bodily fluids (changing a diaper, spit up, mouth care)

After touching a soiled or dirty body part during care

After you touch your face or blow your nose

Before leaving your baby's bed space or patient room

Before eating and after using the restroom, wash your hands with soap and water.

Who should perform hand hygiene?

Everyone. Parents, grandparents, siblings, friends of the family, and anyone caring for your baby like your baby's doctor and nurse



When Hands Are Visibly Dirty or Soiled	When Hands Are <u>Not</u> Visibly Dirty
<p data-bbox="155 249 669 281">Hand Hygiene with Soap and Water</p> <ol data-bbox="204 317 760 982" style="list-style-type: none"> <li data-bbox="204 317 760 432">1. Wet hands with warm water; avoid using very hot water which may increase risk of skin irritation <li data-bbox="204 470 760 543">2. Dispense a quarter sized amount of soap to hands <li data-bbox="204 581 760 737">3. Rub hands together vigorously while covering all surfaces of the hands and fingers, including between fingers, for 20 seconds <li data-bbox="204 774 760 806">4. Rinse hands with warm water <li data-bbox="204 844 760 917">5. Dry thoroughly with a disposable towel <li data-bbox="204 955 760 987">6. Discard towel in trash can 	<p data-bbox="794 249 1398 323">Hand Hygiene with an Alcohol-Based Hand Rub</p> <ol data-bbox="842 359 1352 737" style="list-style-type: none"> <li data-bbox="842 359 1352 432">1. Apply a quarter sized amount of alcohol-based hand rub to palm <li data-bbox="842 470 1352 625">2. Rub hands together covering all surfaces of hands and fingers, remember fingertips and between fingers <li data-bbox="842 663 1352 737">3. Continue to rub together until hands are completely dry <p data-bbox="794 774 1300 890">*Alcohol-based hand rubs are not appropriate for use when hands are visibly dirty</p> <p data-bbox="794 928 1391 1001">*With proper use, alcohol-based products are more effective than soap and water</p>

