

# Preventing Infection FAQ's

To help us care for your baby, every day we will ask you questions about your health before you enter the NICU. Your answers will help us to protect your baby from getting an infection. Common viruses that may give you a cold, could make your baby very sick. If you don't feel well or have symptoms like fever, diarrhea, vomiting or rash, we ask you to please stay home and let your baby's nurse know you are unable to come in.



## **Q: Why do you ask me about my health?**

A: Respiratory infections, stomach bugs, rashes and other illnesses that are not at all serious in children and adults can be very dangerous for your baby. We ask all NICU parents and visitors about their health to protect your baby from infection.

## **Q: I had a fever and chills in the last 24 hours. Can I come in and care for my baby?**

A: We recommend you stay home until you have no fever or chills for at least 24 hours. Please consult your own physician for care.

## **Q: I had diarrhea and vomiting last week. Can I come in and care for my baby?**

A: We recommend you stay home until you have no diarrhea or vomiting for at least 24 hours. Please consult your own physician for care.

## **Q: How can I help protect my baby from getting sick in the hospital?**

1. Get your flu shot.
2. Clean your hands with alcohol-based hand rub or with soap and water before caring for your baby.
3. If you feel like you are going to sneeze, cover your mouth and nose with a tissue. Wash your hands with soap and water afterwards or with alcohol-based hand rub.
4. If you are not feeling well or are sick, stay home until you are feeling better.

