

# TIPS for Parents

*by parents*

## CLEAN HANDS SAVE LIVES

Infections can spread when unwashed hands touch your child or any surface or object in his or her room. Keeping hands clean is the single best way to prevent the spread of infections in health care settings and at home. Do your part to protect your child and help stop infections by:

### Washing your hands.

- Clean your hands every time you enter your child's room and before and after hand contact with your child.
- Use soap and water if you can see dirt on your hands.
- Use Purell® alcohol sanitizer for all other times.
- If the Purell® dispenser is empty, tell a nurse or housekeeper.

### Reminding others to wash their hands.

Keep your child safe by making sure everyone entering your child's room cleans their hands. This includes:

- Doctors
- Nurses
- Social Workers
- Technicians
- Any other staff
- Family Members
- Visitors

Don't forget your child – he or she needs to wash his/her hands, too.

**Remember: It is OK to ask doctors and nurses to wash their hands before touching your child or anything in the room. They expect to be asked if they forget.**

### When should we wash again?

Everyone should clean hands before and after:

- Touching your child
- Eating food
- Feeding, including bottle or breastfeeding your child
- Touching surfaces in the room (e.g., phone, bed, table)
- Giving medications
- Changing diapers
- Using the restroom
- Wiping noses

**And, please, do not allow friends or family to visit when they have "the flu," a cold or a cough.**



*You are part of  
your child's  
healthcare team!*