

Hand Hygiene & Baby Safe Zones

What is hand hygiene?

- Hand hygiene is washing your hands with soap and water OR hand sanitizer
 - Our babies are fragile, Hand hygiene can help prevent the spread of terms to keep them safe



When to use Hand Sanitizer or Hand Washing

- Hand Sanitizer
 - Each time you walk into your baby's room
 - Before and after touching your baby
 - After touching things out of the baby safe zone
 - Each time you walk out of your baby's room
- Hand Washing
 - When first entering the NICU
 - When your hands are visibly dirty or wet
 - If you prefer hand washing over using hand sanitizer
 - After changing baby's diaper
- Other
 - There are grey wipes located at the hand washing station to wipe down your cell phone

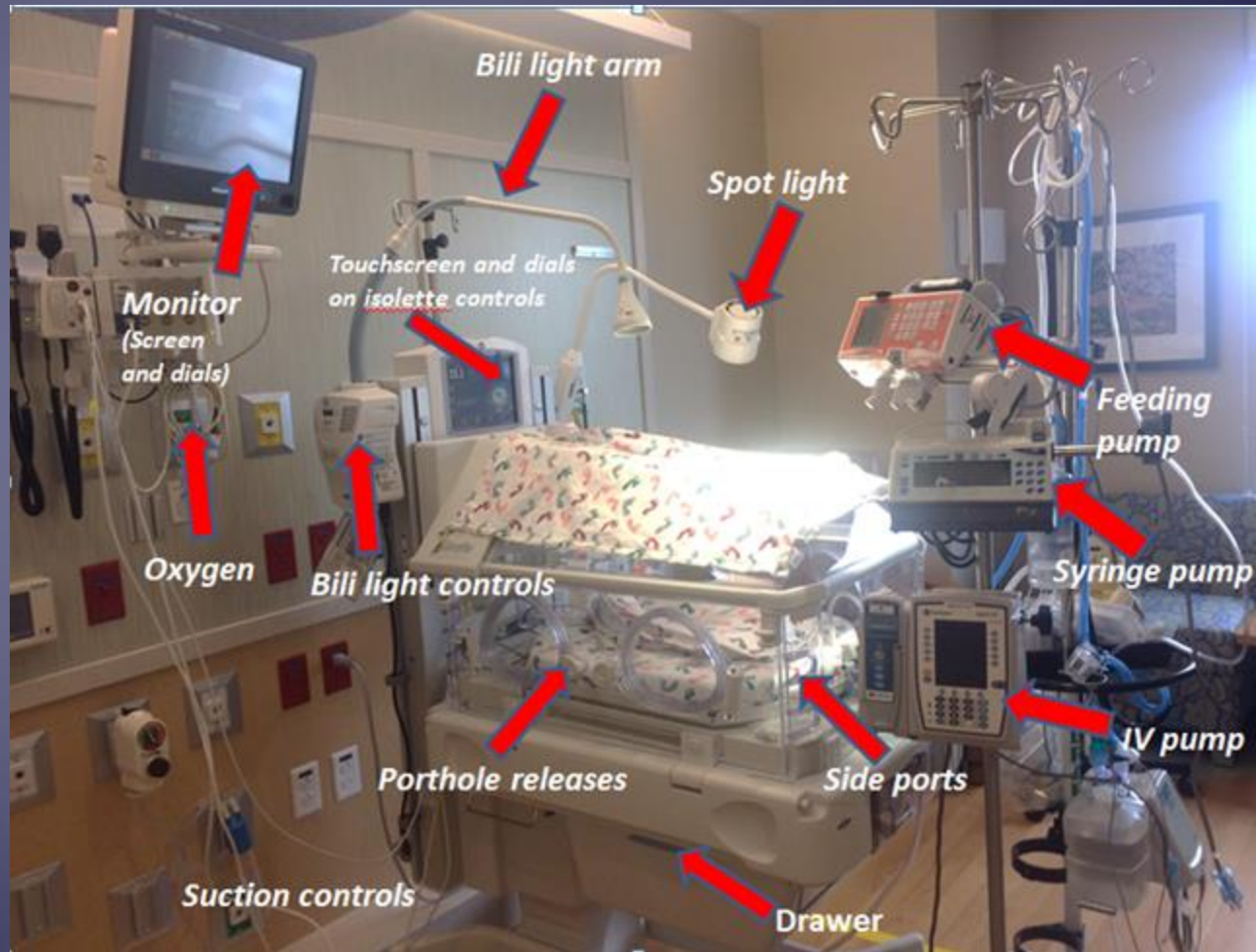
Baby Safe Zone

- The Baby Safe Zone is:
 - Area and equipment near your baby that you will likely touch while you are caring for your baby
 - Example: Drawer under the crib, crib porthole openings, shelves, lights and feeding pump
 - Do hand hygiene each time you enter or leave the baby safe zone!

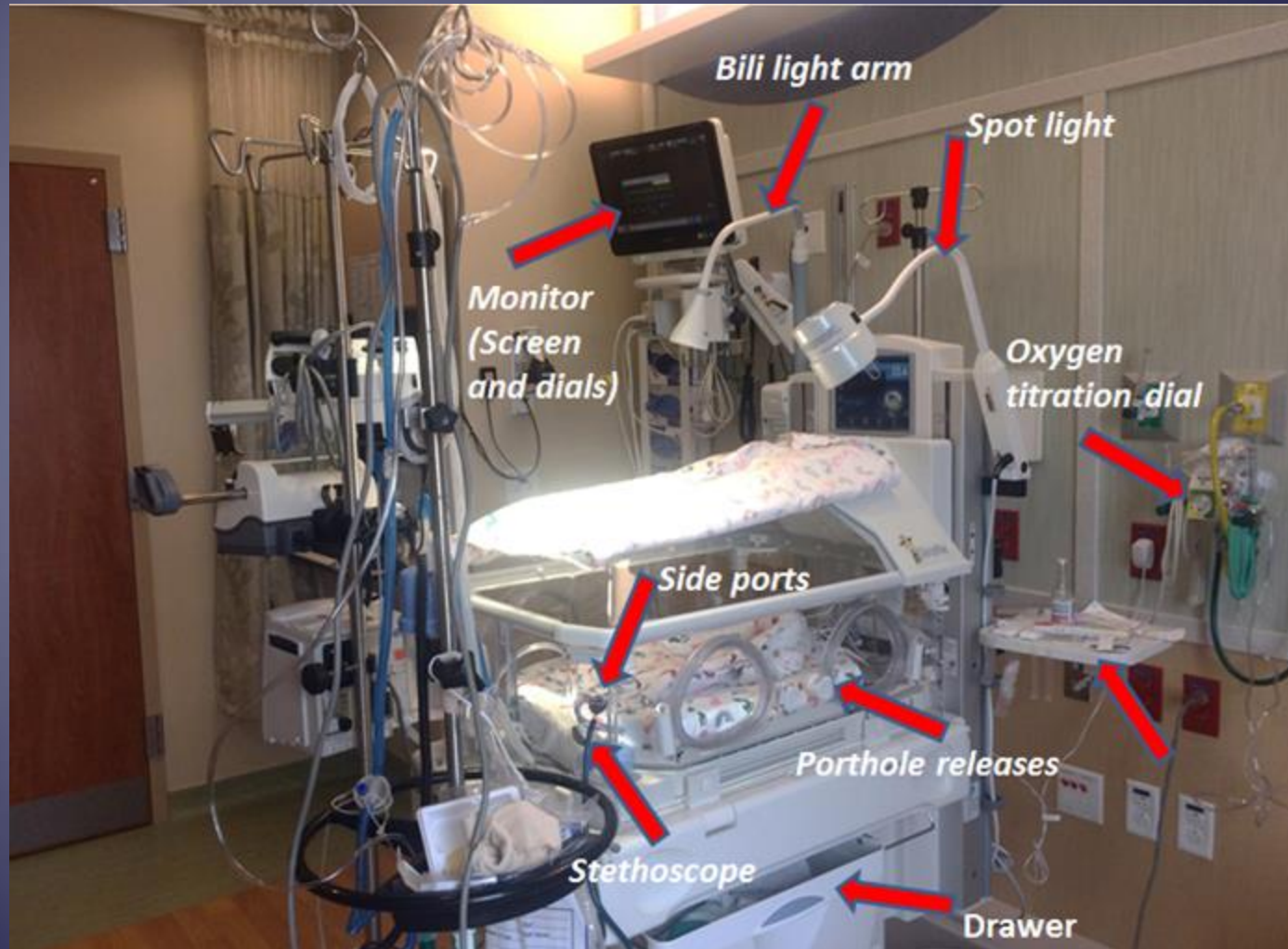
Baby Safe Zone Example

- You are getting ready to undress and change your baby's clothing, after you undress your baby, you remember the new outfit is in the closet and you need to get it
 - In this example you would complete Hand Hygiene:
 - Before you enter the baby safe zone to undress your baby
 - Before re-entering the baby safe zone after getting a new outfit out of the closet

Baby Safe Zone



Baby Safe Zone



Clean Vs. Dirty Spaces in the Room

Clean

- At the head of your baby's crib
 - This is where we keep clean items such as pacifiers, IV tubing, feeding tubing, and bulb suction
- The counter on the side of the splash guard that does not include the sink
 - This is where we keep clean bottles, breast milk bags, pumping parts, and clean items to dry
 - The milk warmer is also clean, you can pour and make feedings here

Dirty

- At the foot of your baby's crib
 - This is where we keep diaper wipes, diaper creams and set dirty diapers before throwing them away
- The counter on the side of the splash guard that does include the sink
 - This is where dirty diapers are weighed, and dirty bottles and breast pump parts are cleaned