One of the best things that you can do for your infant is to clean your hands often. It is easy, cheap and works well.

Ask your nurse, doctor or other health care members if they have cleaned their hands before they touch your baby. Hand hygiene should be the first and last step of care, even if gloves are used.

Hand Washing
Follow these steps:
1. Turn the water on to warm and adjust the flow.
2. Place your hands in the running water.
3. Rub soap over your wet hands.
4. Lather your palms, back of your hands and wrists.
5. Rub your hands together on all sides, between fingers and around your nails for at least 15 seconds (the same time it takes to sing "happy birthday" to yourself).
6. Rinse your hands well.
7. Use a paper towel to dry your hands.

Hand Sanitizer
A hand sanitizer with at least 60% alcohol can be used instead of soap and water if your hands are not visibly dirty or soiled. You will find this alcohol sanitizer at your baby’s bedside as well as in other places in the unit.

To clean your hands:
1. Place enough sanitizer in your hand to moisten the front and back of your hands and fingers.
2. Rub your hands together like you are washing your hands.
3. Rub briskly until your hands are dry.

Talk with your baby’s nurse or doctor about any questions or concerns.