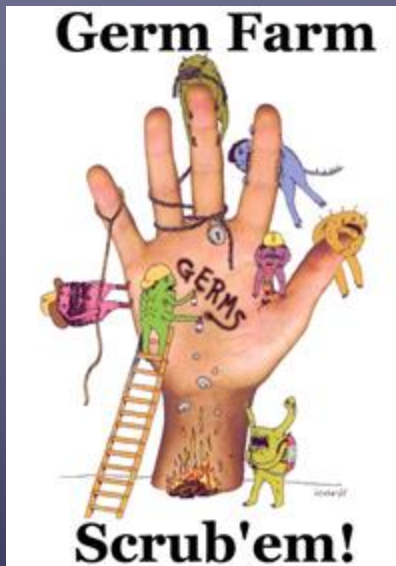


# Hand Hygiene & Baby Safe Zones

# What is hand hygiene?

- Hand hygiene is washing your hands with soap and water OR using hand sanitizer
  - Our babies are fragile, hand hygiene can help prevent the spread of germs to keep them safe
  - Handwashing is the best way to prevent the spread of infections!



# 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
  - After touching your cell phone
- 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 when you enter the unit



# Hand Washing for Entry to NICU

- Please scrub your hands and arms up to your elbows upon your first entry to the NICU of the day as shown in the video pictured below.
- You will need to click on the NICU Hand Washing Video Link on the Website to Watch.



After your first initial up to the elbow scrub into the NICU, you can wash your hands for twenty seconds as shown in this diagram and the video on the following slide for the rest of your visit

## Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



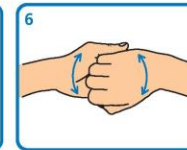
Rub hands palm to palm



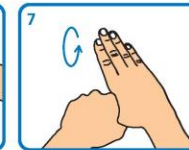
Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



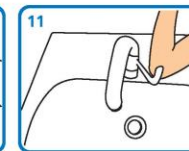
Rub tips of fingers in opposite palm in a circular motion



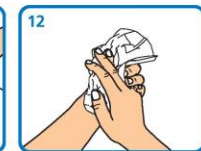
Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds



# Handwashing Video



**Click on the link below to watch the video**

[Fight Germs. Wash Your Hands! \(youtube.com\)](https://www.youtube.com/watch?v=...)

You may also choose to use hand sanitizer; be sure to cover all surfaces of your hands

## How to Use **Hand Sanitizer** the Right Way



**Apply** sanitizer to hands.



**Cover** all surfaces of hands.



**Rub** hands together until dry.



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



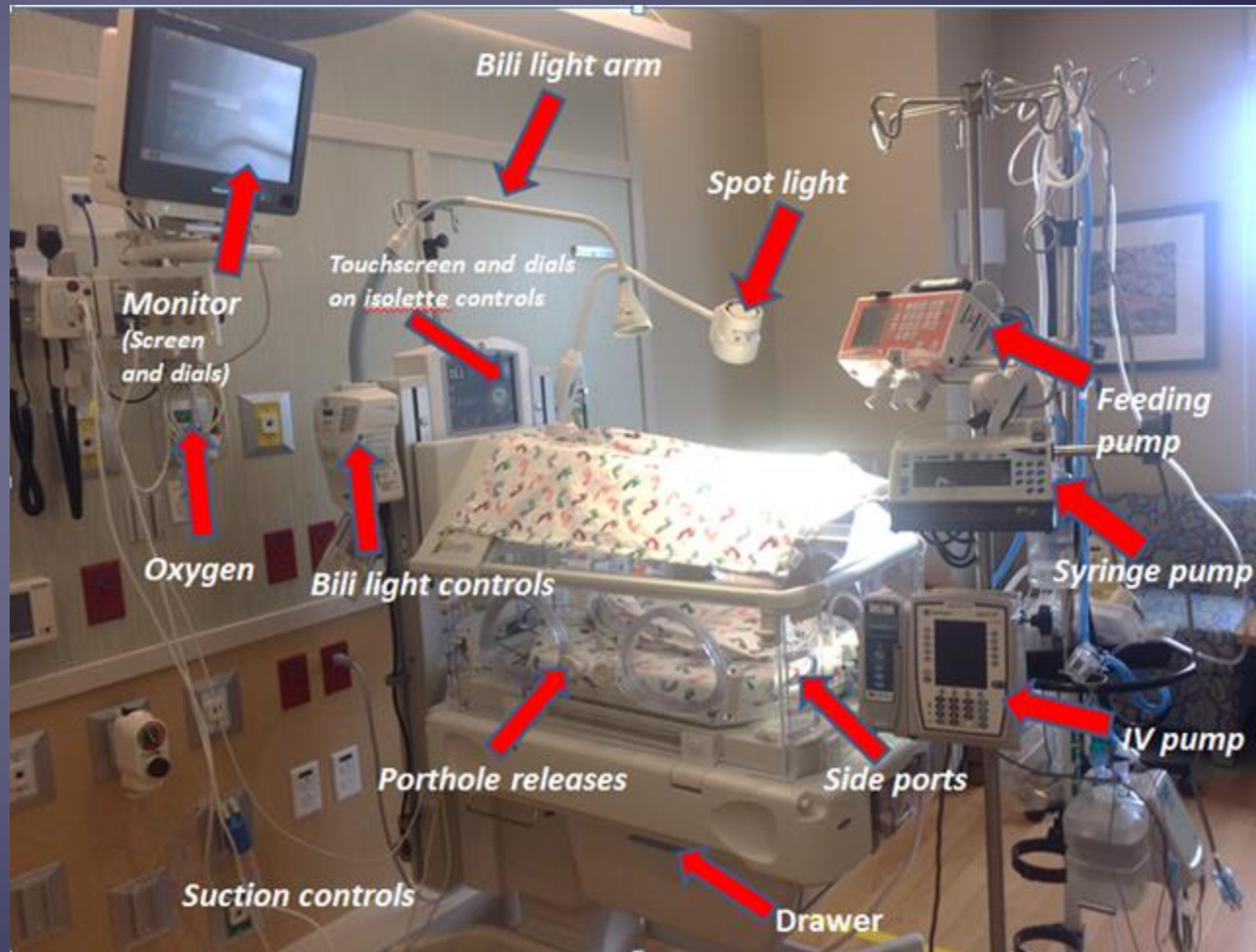
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# Baby Safe Zone

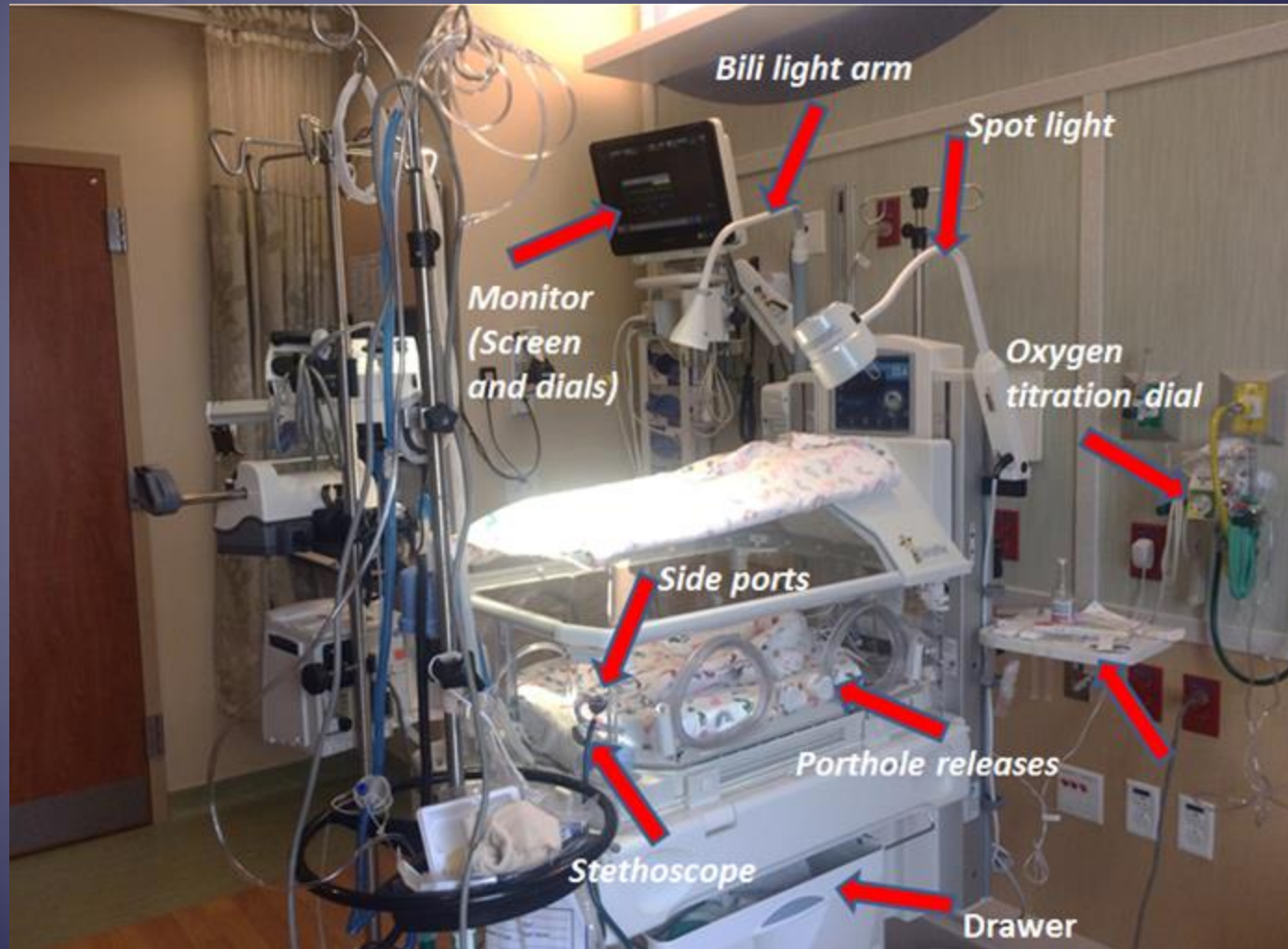
- The Baby Safe Zone is:
  - Area and equipment near your baby that you will likely touch while you are caring for your baby
  - Example: isolette, shelves, lights and feeding pump (photo on next slide)
  - Do hand hygiene each time you enter or leave the baby safe zone!



# Baby Safe Zone



# 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
    - After touching your baby and before going to the closet
    - Before re-entering the baby safe zone after getting a new outfit out of the closet

# Clean Vs. Dirty Spaces in the Isolette/Room

## Clean

- At the head of your baby's crib
  - This is where we keep clean items such as pacifiers, IV tubing, oxygen 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

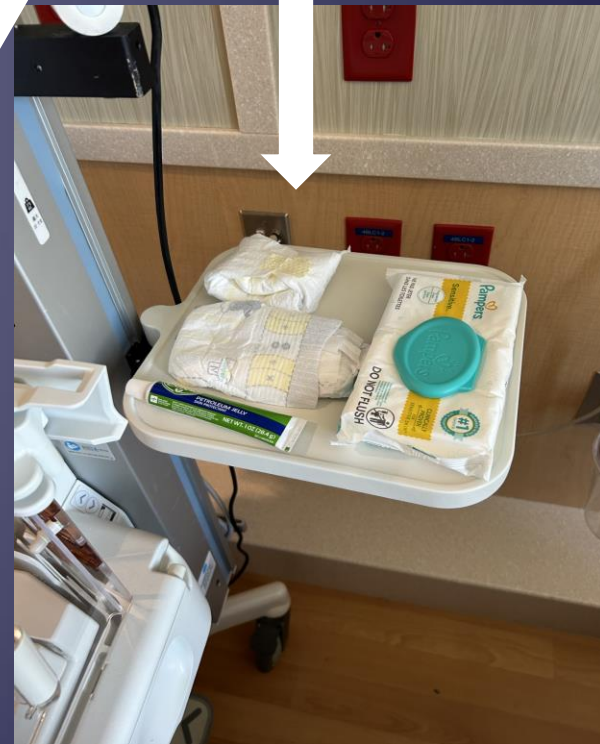
- At the foot of your baby's crib
  - This is where we keep diaper wipes, diaper creams and set dirty diapers before throwing them away
- The counter on the side of the splash guard that does include the sink
  - This is where dirty diapers are weighed, and dirty bottles and breast pump parts are cleaned

# Clean vs Dirty Parts of the Isolette

**CLEAN** items at the  
**HEAD** of isolette- Pacifier,  
Bulb syringe, IV tubing, Oxgen  
tubing, feeding tubing



**DIRTY** items at the  
**FOOT** of isolette or on tray table -  
diapers, creams, wipes



# Clean Vs Dirty Sides of the Counter

**CLEAN** side of counter for preparing feeds, drying clean bottles and pump parts

**DIRTY** side of counter for dirty diapers and washing bottle and pump parts

