



**Healthcare
infections
in neonatal
units.**

**Information for parents and guardians
Easy Read booklet**

What this booklet is about



We are **Health Protection Scotland**.
We are part of **NHS Scotland**.



This booklet is about how to stop **infections** and what happens if your baby gets an **infection** while in the **neonatal unit** of a hospital.

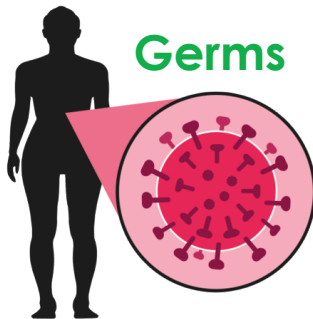


An **infection** makes you sick.



A **neonatal unit** is a place in a hospital where babies are looked after if they are born early or are very sick and need extra care.

What is a healthcare infection



Most germs do us no harm but sometimes they can cause infection and make us sick.



Babies and children are **vulnerable to infection** and can be at risk of getting an infection while being cared for in hospital. This is called a **healthcare associated infection**.



If someone is **vulnerable to infection** it means that they are more likely to get an infection.

Why your baby might be at risk of healthcare infection



Most babies **do not** get infections and do not need to spend time in a neonatal unit.



Some babies are more likely to get an infection if

- they come into contact with harmful germs or bacteria while being born.
- they are born too early. This is called being born prematurely.
- they are very sick and getting extra care using tubes to breath and get fluids or medicines.
- they have a wound or their skin is damaged. Germs could enter the body here.
- they have been in contact with family or visitors who are sick or have an infection.



What happens if your baby gets a healthcare infection



It can be hard to know if a baby has an infection. We will watch your baby closely to see if they have one.



We will do everything we can to stop your baby getting an infection in hospital.

We have strict rules about this including



- washing our hands.



- keeping our equipment very clean.



- using tests to see if your baby needs further treatment.

- if your baby has an infection we might move them to a room on their own or with other babies who have the same infection.

- we might wear gowns, gloves or masks around your baby.



You can help prevent your baby getting an infection by



- always washing your hands before touching your baby.



- phoning us if you are feeling sick and we will give you advice on what to do.

- not letting family or friends visit your baby if they are sick.



- following our advice on cleaning things like chairs used in the same room as your baby.



- washing any clothes or toys you bring for your baby on a hot cycle. The hot wash cycle should be above 65°C.

Contact us



If you are worried or unsure about anything in this booklet, please speak to the doctor or nurse who is looking after your baby.



The details for your doctor or nurse are below.

Name	
Department	
Phone Number	



This booklet is also available in a different language, large print and in Braille. Call **0141 300 1100** to find out more.