Let's Talk About...

Visitors in the home (friends and family)

You probably have friends and family who want to visit your child while she recovers from illness at home. It is best to set up some visiting rules.

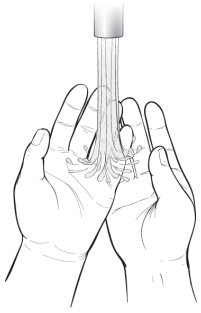
While in the hospital, your child worked hard to build up the strength and energy to go home. She will need plenty of rest and quiet for a while longer. More importantly, she should not be with people who are ill and contagious while she recovers.

Setting limits on visitors

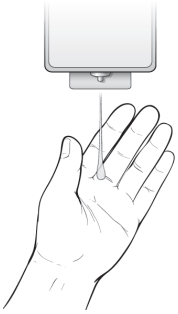
It is important to limit visitors, but sometimes it is hard to tell them to stay away without hurting their feelings. Here are a few suggestions that might help:

- Tell visitors that you have strict instructions from the doctors and nurses to limit visitors, especially anyone who might have a contagious

Hand washing with soap and water

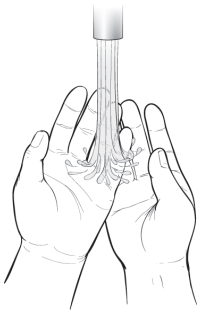


Wet hands with warm, running water.

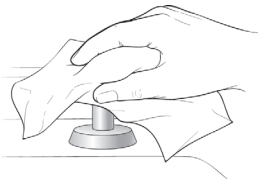


Apply liquid soap or use a clean bar of soap. Lather well.

Rub your hands together vigorously for at least 15 to 20 seconds. Be sure to scrub all surfaces of your hands and fingers.

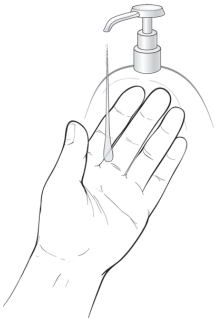


Rinse well. Dry your hands with a clean or disposable towel.



Use a towel to turn off the faucet.

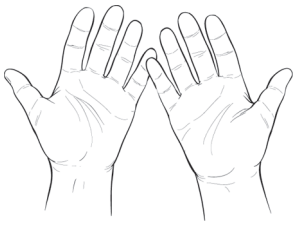
Hand washing with a hand-rub product



Use a product that contains at least 60% alocohol. Apply product to the palm of your hand. Read the product label to see how much to apply.

Be sure to over all sufaces of your hands and fingers.

Rub your hands together until they are dry.



illness. As soon as the doctors think it is safe to have visitors, visitors will be more than welcome.

- Use an answering machine or Caller ID to screen calls. You will not miss important calls, but this will let you take care of your child's needs and get back to people when it is a better time for you.
- Have your child sleep in her room during the day. It is hard to send away unexpected visitors, unless your child is asleep and you can tell them that she cannot be disturbed. If she is in a common room, unexpected visitors can disturb her.
- Try not to take your child out into crowded areas like shopping malls and grocery stores. If you must take your child out, and she is a baby, lightly cover her face to keep people from getting too close.

Washing your hands

Have all visitors practice good handwashing. You can tell visitors the doctor insists on good handwashing until your child is well. This should help keep visitors from being insulted. Visitors might wash their hands on their own if they see you do it first. Follow these handwashing guidelines:

1. Scrub your hands with soap and warm running water for 10-15 seconds.
2. Rinse well after scrubbing.
3. Use a paper towel to turn off the faucet. This will keep you from picking up viruses or bacteria from the faucet.
4. If your hands are not visibly soiled, you can use antimicrobial hand sanitizer instead of washing.

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