

### **Sibling Visitation Guidelines**

Brothers and sisters of a NICU baby may come for a brief visit. We strongly recommend having an extra adult present to help supervise. You will be asked to complete a Sibling Illness Questionnaire each day siblings visit.

To protect the fragile immune systems of all of our patients, we ask that visiting siblings:

- Are fully immunized. *You will be asked to provide a copy of the immunization record for each sibling.* Exceptions can be made for the first visit, if the child is fully immunized. (Your doctor's office can fax records to 801-507-7697).
- Are free from any signs of illness (i.e. fever greater than 100.4 degrees, cough, runny nose, sore throat, new rash, vomiting or diarrhea) for at least 24 hours before any visit.
- Are free from exposure to a communicable disease such as chicken pox, measles, mumps, or pertussis within the last 2-3 weeks. Exposure occurs by being in the same room with someone who has been diagnosed with any of these illnesses.

Keep in mind that visiting siblings need to be supervised at all times. Also:

- Diapers are to be changed outside of the baby's room—there is a changing station in the restroom by the NICU front desk.
- Bottles and breastfeeding are okay in the baby's room. All other feedings are to be given outside of the NICU—no baby food or snacks at the bedside.
- Our staff is unable to hold or care for the sibling, even for a brief amount of time.
- The sibling may not be put in the patient's crib.

Please teach your children the following before they come to visit:

- Use soft voices
- Stay at baby's bedside
- Sit in chairs (not on floor) and don't play in the curtains
- Leave tubes, wires, and equipment alone
- Leave toys outside (they can harbor germs)

Please keep sibling visits brief. We hope that you and your children have a positive experience visiting your baby. If you have any questions or concerns, please do not hesitate to ask.

(Updated 7/15/19)