

Let's Talk About...

Visitors at home (friends and family)

Your child will need plenty of rest and quiet while they recover from illness at home. They also shouldn't be around people who are ill or contagious. Here are some ways to limit visitors without hurting their feelings:

- Tell family and friends your child's healthcare providers gave you strict instructions to limit visitors, especially anyone who might have a contagious illness. As soon as the doctor thinks it's safe to have visitors, they can come to your home.
- Send most calls to voicemail. You won't miss important calls, but you'll be able to take care of your child, respond to people by text, or call at a better time.
- Have your child sleep in their room during the day. If your child is resting in the living room, unexpected visitors can disturb them. It's also easier to tell visitors your child is asleep in their room and shouldn't be disturbed.
- Don't take your child to crowded places like shopping malls and grocery stores. Cover a baby's car seat with a blanket if you have to leave your home, or have an older child wear a mask.

How do I help visitors wash their hands well?

Tell all visitors that your child's healthcare providers require them to wash their hands well before seeing your child. They should look at the handwashing illustration and follow these 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 getting viruses or bacteria from the faucet.
- 4 If your hands are not visibly soiled, vigorously rub hand sanitizer all over your hands until they are dry.

Hand washing with soap and water



Wet hands with warm, running water.



Apply soap. Lather well.



Rub hands together for at least 15–20 seconds. Scrub all surfaces of your hands and fingers.



Rinse well. Dry with a clean or paper towel. Use the towel to turn off the faucet.

Hand washing with hand-rub product



Apply hand rub product to hands.



Cover all surfaces of hands and fingers. Rub together until your hands are dry.

Notes

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