

Visitor Guidelines: Family Birth Center – Attachment A

NICU Guideline for Parent Participation & Visiting Family/Friends

Congratulations on the birth of your child. We are a Neonatal Intensive Care Unit (NICU), and your baby will be staying with us until they are ready to join you at home. The privacy and safety of your baby is of the utmost importance to us. Below are our visitor guidelines and we ask that you read and follow them so that we can better focus on protecting and caring for your baby. Please explain our guidelines to those that you identify as a visitor or support person for your baby. We want you to feel comfortable here as we care for your child while keeping in mind we are a locked and secured unit.

Baby Care

- We encourage you to participate as much as possible in your child's care; our staff is here to help you.
- Siblings are encouraged to visit when community guidelines allow. COVID variants, RSV and Flu seasons will affect sibling visitation. If appropriate siblings can help with the baby's care. However, a responsible adult must supervise them at all times. Otherwise, we will ask that the child(ren) not return to the NICU.

Safety/Health

- For the safety and security of your baby, all visitors, including parent(s), must use the call system outside the NICU to gain access into the unit. Please do not follow other people into the unit and do not let others follow you through the door.
- You may choose up to 2 support people (including yourself) for your baby and up to 2 visitors that may visit your baby when you are not present. A total of 4 people can be at the bedside at any given time, including siblings of your baby.
 - Visitors may visit when you are not present, however they cannot bring additional visitors into the unit unless they are on the list as well.
 - Support people may bring additional visitors into the unit that are not on the list.
 - Non-sibling visitors must be at least 18 years-old.
 - Please fill out the bottom of this form and return to a NICU staff member as soon as possible. Once we have the form back, we will be able to let your designated support people and/or visitors into the unit.
- Support persons, siblings and/or visitors are not allowed to visit if they have a fever, diarrhea, or cold symptoms within 24 hours prior to their visit to the NICU.
- Support persons, siblings and/or visitors are not allowed to visit if they have been exposed to a communicable disease.
- Children cannot visit for 30 days after receiving the Chicken Pox vaccine.
- Sibling immunizations should be current when possible.
- To reduce infection risk, there is no eating/drinking in shared patient spaces.
- Anyone visiting the NICU must wash their hands in the washroom before entering the NICU. Please stop in the washroom upon entering the NICU and wash your hands with antimicrobial soap. We encourage electronics be placed in the UV sanitizer prior to entering the NICU. Hand washing should also occur before and after contact with your baby, after eating or drinking, after using the restroom and when returning to your baby's room after being in other parts of the unit.
- Parent(s) may bring food to the bedside. Please be mindful of strong odors and throw all trash away. You may keep food and drinks in the refrigerator. Please ask a NICU staff member to help you with food storage. However, for infection control, please do not request staff place food/drinks in the refrigerator that has already been in your baby's room or your room. All food placed in the refrigerator will need to be labeled with name, date and time.
- Cell phones may be used, but they must be on silent or vibrate. Please keep conversations quiet.
- If you lose your ID band, please let nursing staff know so we can take your picture for identification purposes.
- Visiting guidelines may change due to illness trends in the community, for example during high COVID numbers, RSV, and/or Flu season. Visitation may be limited or expanded at NICU staff's discretion, taking into consideration patient condition and preference.
- All support persons and visitors must wear a mask in the NICU at all times with the following exceptions;
 - Your baby is in a private room and the door can be closed. Support persons and visitors must wear their mask when Salem Health staff are in the room.
 - Siblings will not be expected to wear a mask if they are 4 years old and younger, although we do encourage young children to wear masks if able.

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Communication/Privacy

- For patient and family privacy, please only enter your baby's room.
- Information about each infant will only be shared with parents/guardians and support persons. You will be asked to choose a 4 digit code to use when calling in for information about your baby. Please do not share this code with family and friends. The NICU phone number from outside the hospital is 503-814-3556; from inside the hospital, dial 43556.
- **Support persons and siblings may be in the NICU at shift change. All other visitors may not. Shift change is from 7:00-8:00 am/pm. Please ask visitors to wait in the lobby if they are here during that time.**

Thank you for your understanding and cooperation.

Salem Health NICU Staff

----- Detach here and give a copy to parent(s) -----

4 digit code: _____

Signed by parent/guardian _____ Date: _____

Support Person (1) _____
(Name and Phone number)

Support Person (2) _____
(Name and Phone number)

Visitor (1) _____

Visitor (2) _____

Patient Label

COURTESY ROOM Guidelines Signed

YES ☐ NO ☐ NAME _____ DATE _____

YES ☐ NO ☐ NAME _____ DATE _____