

# We can all help keep babies safe from **infection**



the  
lullaby  
trust

Babies have immature immune systems, so they're particularly at risk from infections. Infections that may be mild in older children or adults (such as the common cold) can be life-threatening for babies.

We can all do our bit to stop babies catching infections, particularly in the first few weeks of life.

**Don't visit a baby if you're ill or have recently been ill. This includes active cold sores, as well as diarrhoea and vomiting illnesses.**

## T·H·A·N·K·S

### Think Hands And No KisseS

**Always remember to:**



Wash your hands before touching a baby



Only kiss a new baby if you are their parent or main carer

Download our **free Baby Check app** to help you decide whether your baby needs to see a health professional. Peace of mind, in your pocket.

