

# Reducing the risk of SERIOUS INFECTIONS in babies



the  
lullaby  
trust

Babies have **immature immune systems**, which means that they are particularly at risk from infections. These infections may be mild in older children or adults but can be **life-threatening** for babies.

It is very important to try and **stop babies catching infections, particularly in the first few weeks of life.**



It is important to get help from your **midwife, health visitor, GP, NHS 111 or an emergency department if you are concerned that your baby might have an infection.**

We can all help to keep babies safe by following:

# T · H · A · N · K · S

Think · **H**ands · And · **N**o · **K**isses

## ALWAYS REMEMBER TO:



- Wash your hands before touching a baby



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

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

