

Dear Family & Friends,

We are so excited to announce that soon we will be bringing our preemie home, and we know that you share in our excitement.

Though our baby/ies is ready to leave the NICU, due to the prematurity/or other medical complications, our medical team have told us that we must be very careful in the weeks and months ahead. Preterm babies have immature lungs and immune system, which will make our baby very vulnerable to getting extremely ill (or hospitalized) if exposed to any kind of illnesses. The way we care for our child may seem different than what you are used to or what you may have done with your children, but our actions are based on medical advice that is specific to our child and family. We appreciate your support, acceptance and understanding.

We will be following our doctor's advice about limiting visitors over the next many months. Big events with numerous people are not suitable for a vulnerable preemie, so it is much easier for us to visit small groups or to host a single visitor or two.

If we are able to have you over, please ensure the following:

- Please be completely healthy. If you have a cold (even a minor one) or think you might be getting ill, please postpone the visit to a later date. If you are not sure, please ask us, and please don't be offended if we suggest postponement.

- Please understand that young children (toddlers, kindergarten age) are extremely vulnerable to getting ill. We ask that they do not visit us in the first little while.

- We will be following our doctor's recommendations regarding vaccinating and medicating our child and our family, and we would appreciate it if you would support us in this.
 - If you or your children do not have your immunizations up to date we ask that you not visit. Whooping cough etc. is extremely dangerous; our baby will be hospitalized if they get ill.
 - We also encourage you to make sure you and your children have had their flu shot. (late fall/winter)

- Please wash your hands upon entering our home, and please be thoughtful about hand hygiene during your visit.

- Please do not smoke before or during a visit with us.

- We are following very specific guidelines related to feeding our baby, and also following standard safe sleep guidelines. If you are helping us care for our baby, please follow these guidelines as well.

We greatly appreciate your understanding and your help. We are also grateful for the support you showed us during our NICU stay, and we look forward to seeing you soon.

Thank you

