

## Why clean your hands?

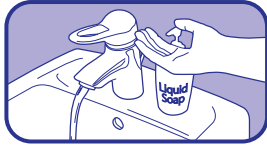


Even if hands look clean, they can still carry harmful germs. So cleaning your hands properly helps to prevent the spread of infection.

## How to clean your hands properly

### Wash your hands

### Sanitise your hands



Wet hands under warm running water and apply liquid soap.



Apply alcohol gel or foam to dry hands. (If hands are visibly dirty they should be washed.)

or

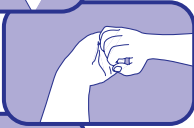
Rub palms of hands together and between fingers.



Rub the palm of each hand over the back of the other and between fingers.



Rub fingertips...



around thumbs...



and wrists.



Rinse off the soap with warm running water.



Dry hands thoroughly on a disposable paper towel.



Allow the gel/foam to dry on your hands.

## For further information



If you have any concerns or questions about infection control or the advice given in this leaflet please speak to the ward sister or charge nurse. You can also ask to speak to the Infection Control Team.

If you would like this information in another language please speak to a member of staff, or go to

[www.dhsspsni.gov.uk/phealth](http://www.dhsspsni.gov.uk/phealth)



Department of

**Health, Social Services  
and Public Safety**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

AN ROINN

**Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí**

MÁNYSTRÍE O

**Poustie, Resydënter Heisin  
an Fowk Siccar**



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07/07

# How you can help us prevent and control infection in hospitals

Information for patients and visitors

CAUTION



INFECTION

## What's this leaflet about?



You may have heard reports about the risk of getting an infection during a hospital stay.

This hospital and our healthcare workers make every effort to prevent this happening.

### Your help is also important.

Whether you are a patient or a visitor you can help us to prevent and control healthcare associated infections.

Please read and take the simple steps outlined in this leaflet.



## What can patients do to help?



- Always **clean** your hands properly by washing them with liquid soap under running water, or using the hand sanitiser on the ward. (See overleaf)
- If possible, **bath or shower** before coming into hospital, and as often as you are able during your stay.
- Remember to bring **clean changes** of underwear, nightwear and towels.
- To protect yourself and other patients tell your nurse or doctor if you have had any **recent infections**.
- Keep your locker and table as **tidy and clutter-free** as you can, as it makes them easier to clean.
- Send your **dirty washing** home as soon as possible. Laundry bags are available for this.
- **Do not share** towels or personal belongings, like CD or MP3 players, with other patients.
- If you have an **infection** that can be spread to other patients, special measures may be taken to prevent this. Staff will tell you about these.

## What can visitors do to help?



- Do not visit if you or someone else at home is **unwell** with, for example, a cold, flu, vomiting or diarrhoea.
- **Before entering and after leaving the ward, clean** your hands properly by washing them with liquid soap under running water, or using the hand sanitiser on the ward. (See overleaf)
- **Limit visitors** to one or two at a time and don't bring children too often.
- If you want to visit more than one patient at a time **speak to a nurse** for advice.
- Do not sit or lie on the **patient's bed**.
- **Do not touch** the patient's wound, dressings, drips, drains, tubes or medical equipment.
- Help the patient to keep their locker and table as **tidy and clutter-free** as possible, as it makes them easier to clean. Remove old fruit and flowers.
- Take the patient's **dirty clothing** home as soon as possible.
- Where there is a **risk of infection** to patients or visitors, you may be asked to wear a gown, gloves, or a mask. Staff will tell you when this is necessary.