



## Tips for gifts

Space on the wards is limited. To support staff to keep the ward clean we must avoid clutter around each bed.

- Flowers do make lovely gifts at home but are not always practical within hospitals. Also some people on the ward may have allergies or hay fever.
- Bringing in lots of cuddly toys and bulky items is not advised.
- Patients may find it difficult to concentrate for long periods so magazines or books that are easy to read can be a good idea or 'Top up' cards for the TV and phone.
- Tissues, wet-wipes, or new night-wear can be really useful, practical gifts and nice toiletries can really cheer people up.
- It can get very warm on the wards so individual soft drinks may be very welcome but please check that the patient is allowed to drink them.

## Food

We do not recommend that visitors bring in any food to the hospital other than fresh fruit, biscuits, chocolates and sweets which can be good for anyone who needs tempting.

But...

- Please check that the patient is allowed to eat any food before you offer it to them.
- Ensure that all food is stored safely and either wrapped or covered.
- Discuss with nursing staff if you would like to bring in any other food.

There is a range of additional information available including information leaflets on:

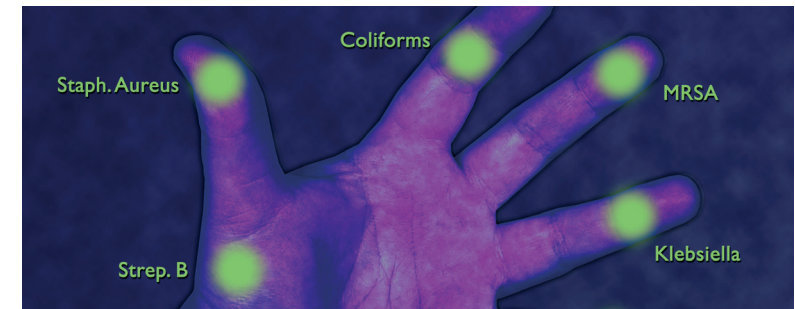
- MRSA
- C. difficile
- Norovirus
- VRE
- CPE
- ESBL

Please ask a member of staff where these are located on the ward you are visiting.

Additional information is also available from the Public Health England website at [www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)

Countess of Chester Hospital NHS  
Foundation Trust  
Countess of Chester Health Park  
Liverpool Road  
Chester  
CH2 1UL  
[www.coch.nhs.uk](http://www.coch.nhs.uk)

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# Infection Prevention and Control

## Guidelines for visitors



## Dear visitors

As you are probably aware many patients in hospital are at risk of infection and some may already have an infection.

For this reason, standard infection prevention and control precautions must be used for **ALL** hospital patients **ALL** of the time to reduce the risk of infection with many germs including MRSA and C. diff.

These infection prevention and control precautions routinely include:

- hospital staff cleansing their hands between every patient with either hand rub or soap and water

and

- using plastic aprons and disposable gloves whenever necessary depending on the type of infection and the type of contact

and

- special handling of equipment, waste and used linen.

Infection prevention and control precautions can seem complicated but please ask a member of staff if you or your family need any further information or advice.

## Please remember...

Never come to visit if you are unwell with an infection yourself.

## Protecting everyone

In order to protect patients, yourselves and others please follow these few guidelines:

1. Limit the number of visitors around the bed to two people
2. Do not sit on the patient's bed
3. Do not allow children to crawl or play on the floor or over the bed
4. Follow any additional infection prevention and control precautions advised by the staff especially if wards or areas are closed to admissions
5. Please ask a member of staff if you are unsure of any additional precautions required.



## Procedures for hand cleansing

Clean your hands before and after visiting using one of the following procedures.

If your hands look clean please use the hand hygiene rub at the entrance to the ward or within the patient's bed space:

1. Dispense 1-2 applications of hand rub into a cupped hand
2. Rub your hands together vigorously until they feel dry.

If your hands are physically dirty or if you are advised to wash your hands by staff, follow the procedure below:

1. Wet hands under running water
2. Dispense one dose of soap into a cupped hand
3. Handwash for 15-30 seconds rub thoroughly, without adding more water
4. Rinse hands under running water
5. Dry hands with paper towel.