

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

Again, if you are unable to do this for yourself please ask a member of staff to help you. Any member of staff caring for you is taught the correct procedures to help reduce the risks of an infection occurring and this includes the need to cleanse their hands before and after contact with you. Sometimes, during busy times staff may forget or not be seen to cleanse their hands appropriately. It is important for you to know that if you think someone has forgotten about hand hygiene, it is OK to remind them & you are encouraged to do this.

As part of the "cleanyourhands" campaign there are alcohol hand rubs at the entrance to wards/departments and at the end of patient beds. This is to make hand hygiene easier for staff but also for visitors and patients too. Don't forget to remind your visitors to clean their hands if they forget, before and after they visit. A visitor information leaflet is available.

Additional information leaflets about specific germs such as MRSA or C. difficile are also available, if you require more information – just ask a member of staff for these.

There is also a leaflet available that explains the cleanyourhands campaign in greater detail, again please ask a member of staff for this.

A useful web site for further infection prevention & control information is:

www.gov.uk/government/organisations/public-health-england



If you require a special edition of this leaflet

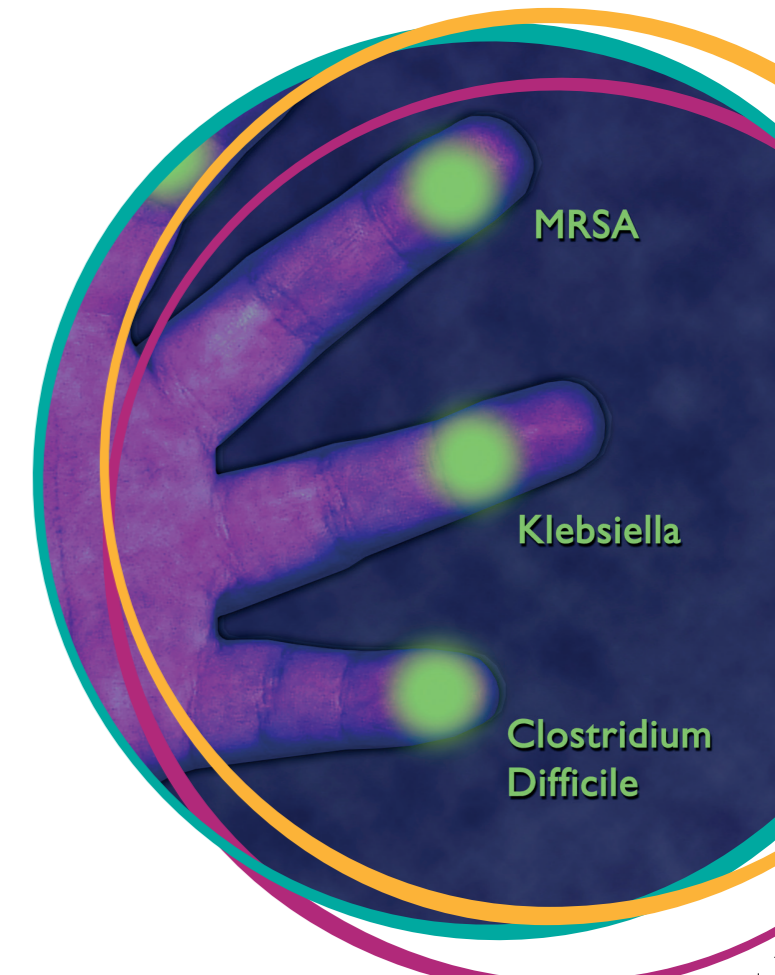
This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact the Patient Advice and Liaison Service (PALS) on:
Telephone: 01244 366066
or email: cochpals@nhs.net

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Si vous voulez cette brochure en français, contactez le bureau des rendez-vous ou demandez à un membre du personnel.
यदि आप यह परचा हिन्दी में लेना चाहते हैं तो कृपया पेशेंट ऑपाइन्टमेंट सेन्टर से संपर्क करें या किसी स्टाफ से पूछें।
Haddii aad jeclaan laheyd buug-yarah-an oo af-Soomaali ku qoran la soo xiriir xarruunta bukaan ballaminta ama wax weydii xubin shaqaalaha ka tirsan.
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Mae'r daflen hon ar gael (ar gais), mewn print bras, ar dâp sain neu ar ddisg, ac efallai mewn ieithoedd eraill ar gais. Cysylltwch â chanolfan apwyntiadau cleifion i ofyn am gopi.

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Infection prevention and control for patients



Dear patient

As you are probably aware many patients in hospital are at risk of infection and some may already have an infection. We would just like to reassure you that we take infection prevention & control very seriously at the Countess of Chester of Hospital.

In order to reduce the risk of patients developing an infection during their stay, standard infection control precautions must be used for **all** hospital patients **all** of the time, as these help to stop germs such as MRSA or C. Difficile spreading from person to person.

Standard infection control precautions routinely include:

- staff cleansing their hands between every patient with either hand rub or soap & water
- using plastic aprons and disposable gloves whenever necessary (these may not be necessary all of the time)
- keeping the hospital environment & equipment clean & tidy
- special handling of waste or used linen.

Sometimes patients with a specific infection may need to be nursed separately from other people & additional infection control precautions may then have to be used.

Standard infection control precautions can sometimes seem a bit complicated but please ask a member of staff if there is something that you see that you don't understand, or if you want more information.

What can you do for yourself & others?

The following are some tips and information to help you to reduce the risk of infection to yourself and others, working in partnership with the hospital.

- All wards are cleaned every day and it is important that these areas are kept free from clutter so they can be cleaned thoroughly. Please send any suitcases, unnecessary clothing and personal possessions home to assist the domestic staff to keep the ward dust free.
- If you find that your bed area is not clean, please tell the nurse in charge.
- If you are unable to clean the bath or toilet after you have used it or you find the toilet or bathroom is dirty, please tell the nurse in charge immediately so that action can be taken.
- Attention to personal hygiene is important in reducing the risk of infection.
- Ensure you have enough toiletries for

your needs. You may find wet wipes useful to keep your face and hands fresh if you can't get to the bathroom regularly.

- Any wounds you may have should be covered.
- If any dressings become wet or the wound has oozed through the dressing, please inform a member of staff so that a fresh dressing can be applied.
- Always inform a member of staff if you are experiencing pain, or notice any redness or swelling to wounds or other sites e.g. drips or drains.
- If you cough or sneeze, it is important to try to always cover your mouth/nose with your hand or a tissue (dispose in a waste bin), cleaning your hands afterwards.
- Try not to walk around in bare feet.
- Never leave food that could 'go off' in your locker. If this type of food is brought in by visitors please inform a member of staff.
- Always keep fruit and other snacks (biscuits, sweets etc.) covered in your locker.
- Do not share or accept food from other patients.

• You should make sure that any visitors you may have are aware that they must not visit you in hospital if they have an infection themselves. If they are in doubt they should speak to the nurse in charge.

• Please ask your visitors not to sit on your bed or touch any wounds, dressings, drips, drains etc. that you may have.

Hand hygiene is as important for patients as it is for staff

It is important that you keep your own hands clean using the following tips for hand cleansing:

1. If your hands look clean please use the hand rub at the bottom of your bed or from the wall dispenser in your bay/room whenever you want to clean your hands (unless you are about to put your hands near your eyes or mouth)
2. Dispense 1-2 applications of hand rub into a cupped hand
3. Rub your hands together vigorously until they feel dry.

If you are unable to reach the hand rub please ask a member of staff to help you.

If your hands are visibly dirty or you have an upset stomach please wash your hands with soap & water in the following manner: