

Tips for gifts

Space on the wards is limited. We recommend restricting the amount of unnecessary personal property around the bed space to manage contamination risk.

- Visitors should be advised to not bring flowers in as gifts, as they are not practical within a ward environment.
- 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.
- Tissues, wet-wipes, or new nightwear 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 perishable food items to assist the domestic staff in keeping the ward clean.

- 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.
- Please do not bring food in that requires reheating, as staff will not be allowed to do this for you.

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.

Infection Prevention and Control Guidelines for visitors



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Dear visitors

Hospital infections can be introduced and spread by patients and visitors. This leaflet explains how you can help staff to reduce them and provide a clean and safe environment in which to care for patients.

Standard infection prevention and control precautions must be used for **all** hospital patients **all** of the time to reduce the risk of infection including MRSA and C. diff.

These infection prevention and control precautions routinely include:

- hospital staff performing hand hygiene between every patient with either hand rub or soap and water

and

- using personal protective equipment 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.

What can you do

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 guidelines:

- Follow infection prevention and control precautions (including advice on wearing PPE) requested by the staff.
- Wash or sanitise your hands.
- Limit the number of visitors around the bed to two people.
- Do not sit on the patient's bed.
- Do not allow children to crawl or play on the floor or over the bed.
- Please ask a member of staff if you are unsure of any additional precautions required.
- Please be considerate to our staff who are caring for your friend or relative. Abuse will not be tolerated.

The Trust reserves the right to refuse or end a visit if safety cannot be maintained.



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.