

# Reducing the risk of infection in hospital

If you have any questions about hand washing  
please contact: Infection Prevention and Control Team  
Tel: 01273 696955 Ext. 4595

Information for patients and carers



Infection Prevention and Control

A few simple measures will reduce the risk of you getting an infection whilst you are in hospital.

## On admission

- You will be screened for MRSA on admission. Many people carry MRSA on their skin without it causing any problems – this is called colonisation. If you are found to be colonised with MRSA your nurse and doctor will give you more information. You will also be prescribed creams and special skin cleansers to reduce the likelihood of you getting an infection.
- Let your nurse and doctor know if you've been on any antibiotics recently.
- Let your nurse and doctor know if you have had diarrhoea or vomiting in the last few days.

## During admission

### Staff

All BSUH are committed to preventing infection. They will clean their hands at the 5 moments of care. If you aren't sure – ask them. They won't mind!

### Your 5 moments for HAND HYGIENE



Based on WHO poster 'Your 5 Moments for Hand Hygiene' and reproduced with their kind permission

## Hand washing

- Washing your hands is the best way to stop infections spreading
- Make sure you wash your hands after using the toilet (or a bed pan, bottle or commode)
- Wash your hands (or use a moist hand wipe) before eating
- Ask nurses if you need help washing your hands

## Personal hygiene

- Keep your hands and body clean while you are in hospital. Nurses will assist you if necessary.
- Take personal toiletries with you including soap and a clean flannel. Take your own razor if you need to use one.

## Lines, drips and wounds

- Don't touch any dressings, tubes or drips that you have. Don't allow your visitors to touch them either.
- Advise nurses if your drip site becomes red, painful or if you are worried about it.

## Hospital environment

- Try and keep your bed area free from clutter. This will allow it to be cleaned.
- If you are concerned about the cleanliness of the ward tell the nursing staff.

## Visitors

- Visitors should use the hand gel before and after visiting you.
- Visitors don't normally need to wear gloves and aprons. The nurses will advise if they do.
- People who are unwell shouldn't visit the hospital. This is especially important if someone has diarrhoea or vomiting or a rash illness (e.g. measles, chickenpox). This is to prevent the spread of infection to vulnerable patients.

## After discharge

- Until all your wounds have healed don't share towels and flannels.
- Use liquid soap (instead of bar soap) until all your wounds have healed. Bar soap can grow germs.
- Keep your hands and body clean. Wash your hands after using the toilet and before eating / preparing foods.
- Keep an eye on any healing wounds, lines, line sites. Contact your GP for advice if any of the following symptoms develop:
  - Pain
  - Swelling
  - Heat
  - Redness
  - Pus

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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