

Infection Prevention and Control

Reducing the risk of infection in hospital: What YOU can do to help



Information Leaflet for Patients

Introduction

The risk of acquiring an infection whilst in hospital remains low. Here at Airedale NHS Foundation Trust all the staff work hard to ensure there is consistent high quality, safe infection prevention and control practice throughout the hospital.

What you can do to help

You can help reduce the risk of infection by following the key points below:

- If your hospital admission is planned it is advisable to have a bath / shower before coming to the hospital.
- Personal hygiene is very important whilst you are in hospital. Ensure you bring personal toiletries with you e.g. soap, facecloth and towel.
- Always have wet wipes available for hand hygiene. This is especially important if you are confined to bed for medical reasons.
- Always clean your hands before meals and after using the toilet, coughing, sneezing or blowing your nose.
- Avoid touching your wounds, drips, catheters or tubes. Clean your hands before and after if for any reason you do need to touch them.
- If you have an intravenous cannula (line / drip) placed in your vein and you experience pain, swelling or redness around the site or the area feels hot to touch or you feel hot / cold / shivery or if the dressing is wet / dirty, or falls off inform a nurse immediately.
- If a member of staff needs to examine you or perform a procedure do not be afraid to remind them to clean their hands if you are worried they may have forgotten. **It's OK to ask!**
- Encourage your visitors to use the hygienic hand rub before entering and leaving the ward. Alternatively they can clean their hands using liquid

soap and running water. They should cover any open wounds such as a cut finger with a waterproof dressing.

- If you have diarrhoea and / or vomiting always use liquid soap and running water to clean your hands.
- If your visitors have symptoms such as diarrhoea and / or vomiting or infections such as chickenpox they must not visit you.
- Avoid sitting on other patients' beds. Please ask your visitors not to sit on your bed.
- You will be provided with individual information regarding infection prevention as your plan of care dictates.
- Try to keep you bed area free from clutter. This will allow the area to be cleaned properly.
- If you visit the toilet or bathroom and it does not look clean report this immediately to a member of staff and use an alternative.
- If you or your visitors notice something which has been missed during cleaning report it immediately to a member of staff.

Should you have any further questions or require further advice please speak to your doctor, nurse or Infection Prevention staff.

Infection Prevention Team 01535 294848

Write any questions/queries below

The Public health England website will give further guidance specific:
<http://www.phe.org.uk>

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on: 01535 294019 for advice.

Please raise any issue you may have about your care and treatment with a member of staff. Raising your concerns will not adversely affect the care you will receive.

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