STOP! INFECTIONS

TO PATIENTS AND VISITORS
PLEASE HELP STOP INFECTIONS!

Use hand rubs or wash your hands often

With clean hands you avoid picking up infections and infecting others
- Infections are most often transferred on hands
- To avoid infection you should wash your hands or use a hand rub often while you are in hospital or visiting.

Hand rubs can replace washing
- Using a hand rub with alcohol is more effective than washing your hands. A hand rub cleanses your hands with alcohol instead of soap and water
- There is a hand rub dispenser beside most hand-basins in hospitals
- Most of the time, using the hand rub is best, but in some situations you are advised to wash as well as using a rub:
  - When you have been to the toilet
  - If there is visible dirt on your hands
  - After contact with diarrhoea or vomit

As a patient
- As a patient, please use a hand rub or wash your hands
- When you enter the ward
- Before you leave your room
- Before eating
- After going to the toilet (wash, then use hand rub)
- After blowing your nose, or sneezing or coughing
- After you have touched wounds, dressings, drains or catheters.

When you are visiting
When you visit the hospital, you should use a hand rub or wash your hands
- When you enter the ward
- When you leave the patient’s room
- When you fetch food or drinks for your relative
- Before and after helping your relative
- After going to the toilet (wash, then use hand rub)
- After blowing your nose, or sneezing or coughing

When you use the hand rub
- Hold your hand under the dispenser and press twice
- Rub your hands to spread the alcohol everywhere on your hands and around your wrists
- Continue rubbing until your hands feel dry.

When you wash your hands
- Wash your hands thoroughly for 15 seconds with soap and water
- Rinse and dry your hands
- Turn off the tap with a disposable towel

STOP INFECTION!

Wash your hands or use hand rub often

Cough and sneeze in a paper tissue or your sleeve

Visitors: Please stay at home if you are ill

Referans: Sağlık Kurulu