

# 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