

Hand hygiene

Infection Prevention

Information for Patients & Visitors

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Introduction

Germs (bacteria and viruses) are often harmless but they can also cause infections such as colds, flu and tummy bugs, as well as methicillin-resistant *Staphylococcus aureus* (MRSA), norovirus (which causes diarrhoea and vomiting) and *Clostridium difficile*.

The most common way that germs are spread is on people's hands. Therefore hand hygiene is the single most important measure we can all follow to reduce the spread of germs. This will help protect you, your family, children and others from germs you may have picked up on your hands.

What do I use to keep my hands clean?

Hand hygiene takes less than a minute. There are 2 ways to remove germs from your hands which are:

- washing your hands with soap and water.
- or by using an alcohol hand sanitiser.

Alcohol hand sanitiser is very effective at removing germs on clean hands and we recommend that you use hand sanitiser when entering and leaving any hospital ward and after any contact with patients.

If you are a patient staying in one of our hospitals, you will be given hand cleaning wipes to use before eating your meals. If you prefer to wash your hands but are not near a wash basin or unable to get to a basin, please ask staff for help.

The next 2 pages show a step by step guide on how to clean your hands.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

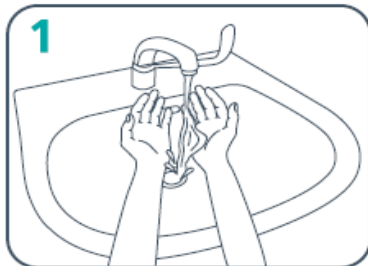
Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How to wash hands?

WITH SOAP AND WATER



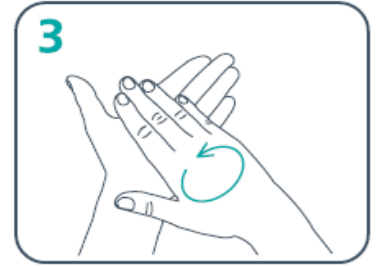
40-60 secs



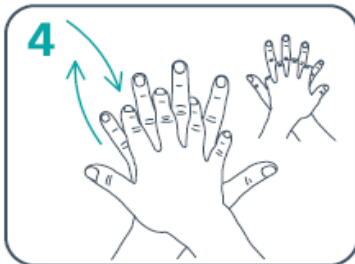
Wet hands with water



Apply one shot of soap



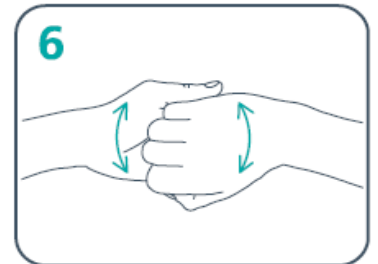
Rub hands palm to palm



Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub backs of fingers to opposing palms with fingers interlocked



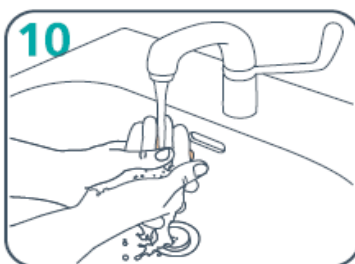
Rub each thumb clasped in opposite hand using rotational movement



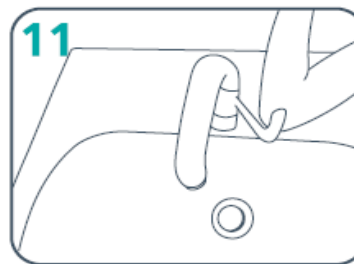
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel

How to sanitise hands?

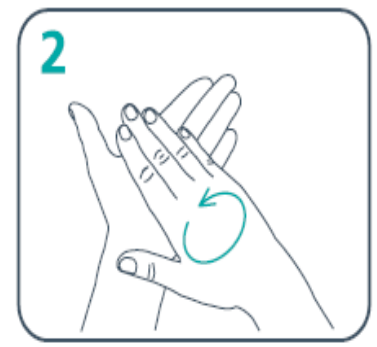
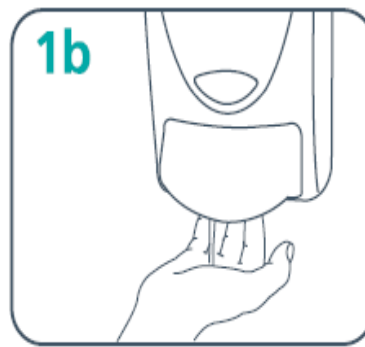
WITH ALCOHOL SANITISER



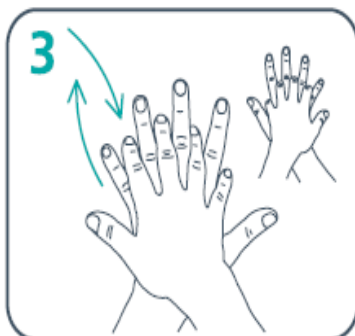
20-30 secs



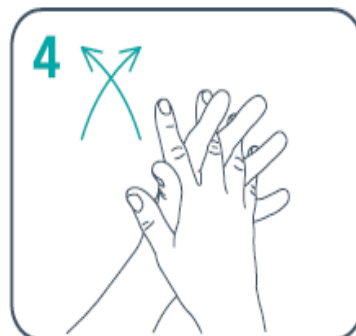
Apply one shot of the product
in a cupped hand



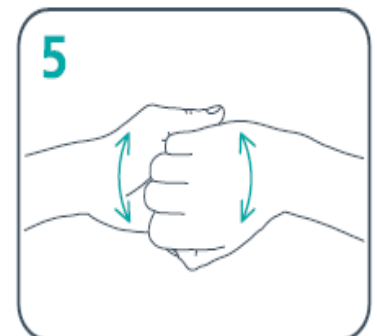
Rub hands palm to palm



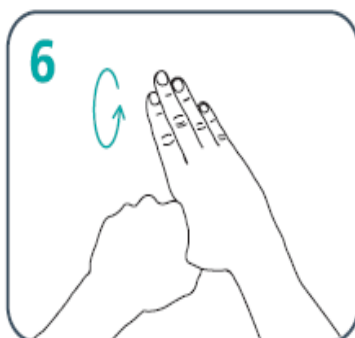
Rub back of each hand
with the palm of other
hand with fingers
interlaced



Rub palm to palm with
fingers interlaced



Rub backs of fingers to
opposing palms with
fingers interlocked



Rub each thumb
clasped in opposite
hand using rotational
movement



Rub tips of fingers in
opposite palm in a
circular motion



Rub each wrist with
opposite hand

When should I clean my hands?

You should make hand hygiene part of your daily routine, especially:

- before preparing, handling or eating food
- before taking your medication
- before and after touching someone who is sick
- after using the toilet
- after blowing your nose, coughing or sneezing
- after handling rubbish
- after touching animals or animal waste
- after removing any sort of glove
- after changing a nappy
- if they look or feel dirty

Don't forget to encourage children to wash their hands at these times too.

It may feel like an awkward question to ask, but it is ok to remind healthcare staff to wash their hands.

Where can I find hand soap/ sanitiser in the hospital?

Soap for washing your hands can be found in a **blue soap dispenser** next to the hand wash basin.

You can find alcohol hand sanitiser in a **red bottle** at the end of your bed, or in a **red wall mounted dispenser**.

Hand sanitiser only works on clean hands, so please do not use it if your hands look dirty, you have diarrhoea or after using the toilet.

If you are a visitor, please make sure you wash your hands with soap and water after assisting with any personal care such as handling a commode/ bedpan.

Contact details

If you have any questions or concerns about infection prevention in our hospitals, you can contact the Infection Prevention Team on 0116 258 5448.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk