

Asking for more help

Hospital staff are trained in hand hygiene and can show you how to efficiently wash your hands and direct you to the nearest hand wash basin or alcohol gel dispenser.



How can I contact a member of the Infection Prevention & Control Team?

Tell the Clinical Nurse Manager or nurse looking after you if you would like to speak to a member of the Infection Prevention and Control Team and they will contact us.

The Infection Prevention and Control Nurses are available Monday to Friday 07.30am to 04.00pm.

We are located in the Microbiology Department in the Laboratory on Level 1.

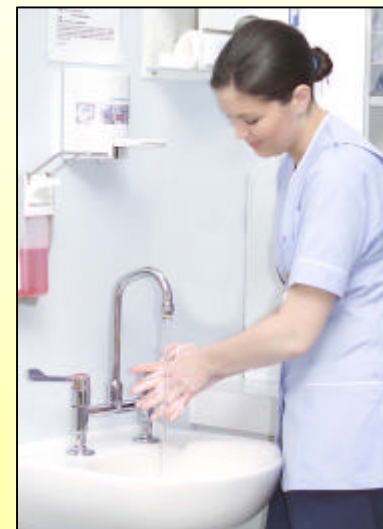
Telephone no.: 01 - 4143938

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication.

January 2012

Infection, Prevention & Control Patient/ Visitor/ Staff Information Leaflet

The Importance of Hand Hygiene



Infection Prevention & Control Team

THE ADELAIDE & MEATH
HOSPITAL, DUBLIN
INCORPORATING
THE NATIONAL CHILDRENS
HOSPITAL



Hand hygiene is the single most important method of preventing the spread of infection

What you can do to help:

- Clean your hands regularly, especially preparing and eating food and after going to the toilet, coughing, sneezing or blowing your nose.
- Always ensure your hands are clean before touching your wound or operation site and avoid touching these areas when ever possible.
- Remind your visitors to wash their hands with liquid soap and water or use the alcohol gel when visiting you.
- If you have vomiting and/or diarrhoea then you must wash your hands with liquid soap and water.
- Avoid visiting other Patients unless agreed with Nursing Staff.

Instructions for Visitors

Please wash your hands or use the alcohol hand gels and foams provided on entering the hospital and before and after visiting a patient.

Hand washing with soap and water, rather than alcohol hand gel, is essential if you are visiting a ward where patients have Norovirus (the winter vomiting bug) as alcohol gel is less effective.

Please do not sit on patient's beds or visit other areas of the hospital unnecessarily.

Do not visit hospitalised patients if you have colds or flu, stomach bugs or any other infection.



Hygienic hand wipes are a useful gift to bring to patients to help them to keep their hands clean.

Remember it only takes 30 seconds!

Keeping your hands clean is the single most important way to control the spread of infection in hospital.

Healthcare workers

It is equally important that all healthcare staff clean their hands before and after contact with you. If you are ever worried that a healthcare worker has forgotten to wash their hands or use alcohol gel, it is ok for you or your relative to remind them.

Are there any risks to my family at home?

It is important to continue frequent hand hygiene when discharged home.