

Hand Hygiene

Information for patients and visitors

Easy Read

Washing your hands properly can help to stop germs and infections from spreading in the hospital.

Remember: Hands can pick up germs when touching anything. Even though they may look clean, the germs will be there. These germs are so small they can only be seen using a microscope.

When should you wash your hands?

If your hands look dirty.



After going to the toilet or changing a nappy.



After sneezing or blowing your nose.



Before you eat.



Before and after you touch cuts, plasters or bandages.



How to wash your hands

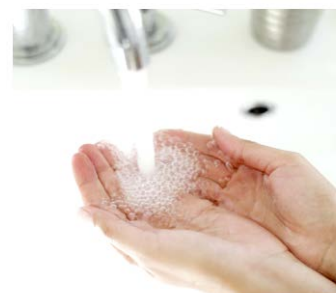
1. Wet your hands before using soap. Use one to two squirts from the soap dispenser above the sink.



2. Rub your hands together covering the front and back of both hands with soap. Make sure that all fingers and the palms of the hands are soapy.



3. Rinse your hands under running water until the soap has gone.



4. Dry your hands well using paper towels. Throw the towels away in the foot operated pedal bin. In some public toilets you will find hand dryers.



If you think a member of staff has forgotten to wash their hands before touching you, please remind them. Staff do not mind being reminded to clean their hands.

Staff's nails should be short. Staff should not wear jewellery except for a plain wedding ring. Staff should not wear long sleeved clothing when looking after you

When to clean hands with alcohol hand rub

- When you go into a ward or department.
- Before touching patients or their surroundings.
- After touching patients or their surroundings.
- When leaving a ward or department.


Taking care of your hands

Care of your hands is very important. Always cover any cuts with a waterproof plaster.

When you can, use hand cream as this keeps skin healthy and helps to stop your hands getting dry and sore.

Further information and advice can be obtained from:

NHS 111



 111

NHS Choices online

www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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