

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: Germs can be on your hands or anything you touch.

Even though they may look clean, the germs will be there. Sometimes germs on your hands are so small you cannot see them.

When should you wash your hands?

- If your hands look dirty.



-
- After going to the toilet or changing a pad.



- 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 two drops of soap.



2. Rub your hands together covering, the front, back and in between the fingers and thumb of both hands.



- Wash your hands for 30 seconds. 30 seconds is the same time it takes to sing Happy Birthday twice.
-

3. Wash off the soap under running water.



4. Dry your hands well using paper towels or use the hand dryer. Throw the towels in the bin.



Staff do not mind being reminded to clean their hands.

When to clean hands with alcohol hand rub

- When you go into or leave a ward or department.
- Before or after touching patients or their surroundings.

Taking care of your hands

Care of your hands is very important.

Always cover any cuts with a waterproof plaster.

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

Further information and advice can be obtained from:



NHS 111
NHS Choices online

 **111**
www.nhs.uk

With thanks to Aspens and Kent adult education group and logos as per C.diff leaflet.

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.

Issue date: February 2023
Database reference: RWF-IPC-LEA-PAT-9

Review date: February 2027
© MTW NHS Trust

Disclaimer: Printed copies of this document may not be the most recent version.
The master copy is held on Q-Pulse Document Management System
This copy – REV2.0
