

# Infection Control advice for Visitors

**How can you help reduce the risk of your relative or friend contracting an infection?**

**Remember hospitals have many vulnerable patients, so please:**

- Keep to visiting times and the number of visitors allowed.
- Do not sit on the beds, chairs are available
- Do not use the patient toilets; visitors' toilets are available.
- Wash your hands with liquid soap and water after using the toilet.
- We would prefer if you did not bring perishable food. If you wish to do so, please discuss with the nurse in charge. We are unable to reheat food.
- Do not touch your relatives or friends wound or any equipment such as drips and catheters.
- Please keep your relatives or friends bed space, particularly the locker, as clear as possible to allow for cleaning.
- Do not visit if you are feeling unwell or have symptoms of flu, a heavy cold vomiting and diarrhoea or other infectious illness.

**Please talk to the nurse in charge if you have concerns about cleanliness**

## **Hand washing**

Handwashing with soap and water is essential in the following situations:

- When your hands are visibly dirty or soiled
- After using the toilet
- If you are advised that there is diarrhoea and vomiting on the ward.

Staff must practice good hand hygiene because they have contact with many different patients. In order to help them with this they are provided with small bottles of hygienic hand rub.

## You can expect them to clean their hands:

- Before undertaking patient care
- After direct patient contact or following any contact with a patient's bed space
- When moving from one patient to another
- After helping patients use the toilet, commode or bathroom
- Before serving food or drinks

## It's ok to ask!

We take hand hygiene seriously but sometimes when we are really busy, we might not clean our hands as often as we should.

So if you're worried that we have forgotten, it is OK to remind us! We welcome your help in keeping you, and your relative or friend safe.

## Contact us:

Infection Prevention & Control Team

Telephone: 01189 605140

**How to  
contact us**

## Further Information

For general information about infection prevention and control refer to:

[www.nhs.uk](http://www.nhs.uk)

Alternatively you can contact the **Patient Advice and Liaison Service (PALS)**, who can listen to your concerns, suggestions or queries and direct you to further information, They can be contacted on **01189 605027** or [bht@berkshire.nhs.uk](mailto:bht@berkshire.nhs.uk)

[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

