

How to control and prevent the spread of infection

Advice for patients and visitors

Everyone can help control and prevent the spread of infection at our hospitals, and in your own home when you've returned home. Follow our guidance here, and contact our team if you have any questions.

How can my visitors help reduce the risk of contracting and spreading infection?

All visitors can help reduce the risk of spreading infection to themselves and patients in our hospitals. Please remember to:

- Keep to visiting times and the number of visitors allowed
- Don't sit on patient beds, but use chairs instead
- Use the visitors toilets, not the patient toilets
- Wash your hands with liquid soap and water after using the toilet
- Don't bring in perishable food to our wards. If you wish to do so, please discuss with the nurse in charge. We are unable to reheat food
- Don't touch your relative's wounds or any equipment connected to them such as drips and catheters
- Keep bed spaces, including lockers, clear and tidy
- Don't visit if you're 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.

How do I clean my hands properly?

Handwashing with soap and water is essential when:

- Your hands are visibly dirty or soiled
- You've used the toilet or been into the bathroom
- You're advised that there is diarrhoea and vomiting on the ward

Our staff practice good hand hygiene because they have contact with many different patients.

To help them, they're provided with small bottles of hygienic hand rub. You can expect our staff to clean their hands:

- Before caring for a patient
- 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.

Further advice

You can find further advice from the NHS on how to prevent the spread of infections.

www.nhs.uk/common-health-questions/infections

**How to
contact us**

**If you need to contact us
or require further information...**

Call: 0118 960 5140

Email: infection.control@berkshire.nhs.uk

www.berkshirehealthcare.nhs.uk

