

Patients and staff – partners in reducing infection

Information for patients

This leaflet gives general guidance on what you, as a patient, should do to help ensure that you have a pleasant hospital experience. If you would like further information, or have any particular worries, please do not hesitate to ask a member of the infection prevention and control team, your nurse or doctor.

Do's	
1	Please have a bath or shower before coming to hospital for your appointment. If you are coming in for an operation or invasive treatment, it is particularly important to have a bath or shower beforehand as this will reduce the amount of bacteria on the surface of your skin, and reduce the risk of infection.
2	Please ask staff if they have washed or decontaminated their hands with soap and water or alcohol-gel before they commence treatments, examination or any form of personal care if you have not seen them do so.
3	Please ask staff, relatives and visitors to not sit on your bed. This will help to reduce the amount of bacteria in the environment during your in-patient stay.
4	Make sure to wash your hands before eating, or ask a member of staff for a wet flannel if you cannot get to a sink.
5	Wash your hands after using toilet facilities or ask a member of staff for a wet flannel if you cannot get to a sink.
6	Please speak to a domestic, housekeeper or nurse if you see evidence that your bed area, ward or toilet is not clean.
7	Please wear slippers or shoes when in hospital for foot protection and cleanliness.
8	Do be sociable with other patients, but from a distance. Reducing physical contact with other patients, their beds and their belongings will reduce the risk of cross-infection.

Do not's	
1	Please do not touch wounds, dressings, drips (IV lines) or drains unnecessarily. The less they are touched or uncovered, the less likely it is that an infection will occur.
2	Please do not bring your own cleaning materials into hospital. NHS premises are subject to health and safety legislation, which includes ensuring that all chemicals, detergents and cleaning agents comply with COSHH regulations, are kept in designated areas and are used by trained staff.
3	Please do not bring lots of personal belongings with you into hospital. Patient areas cannot be cleaned properly if they are too cluttered.
4	Please do not bring in personal cutlery or crockery. The temperature of dishwashers is monitored to ensure they are high enough to kill bacteria.

If you have any further questions please contact our infection prevention and control team on:

Barnet Hospital: 020 8216 4454

Chase Farm Hospital: 020 8216 4454

Royal Free Hospital: 020 7472 6607

For more information please visit:

- NHS Choices
www.nhs.uk
- Public Health England
www.gov.uk/topic/health-protection

This leaflet is available in other languages, large print, Braille and audio format upon request; please ask a member of staff.

© Infection prevention and control department
Version number: 2
Approval date: December 2015
Review date: December 2017
www.royalfree.nhs.uk