



Help us prevent infection

What causes infection?

Infections are most commonly caused by bacteria or viruses that occur naturally all around us – in the air, on surfaces and all over our bodies, including our skin and in our mouths. Most of them don't do us any harm.

When we are not well or after an operation, our bodies' natural defences (our immune system) are weaker, so we are more susceptible to infections.

The Trust takes infections very seriously – preventing infections is a clinical priority.

Help us prevent infection in our hospitals by cleaning your hands

We are doing everything we can to prevent and reduce the risk of our patients getting an infection during their stay with us, but we need your help. Whether you're a patient, visitor or member of staff, it is everyone's responsibility to clean their hands.

Hand hygiene is the simplest and most effective way of controlling the spread of germs

Some simple tips:

- Wash your hands with soap and water regularly – especially before eating and after going to the toilet
- Clean your hands with alcohol hand rub on entering and leaving the ward and before and after any contact with a patient
- Do not visit hospital if you are suffering from a heavy cold or flu
- **Do not visit hospital if you have diarrhoea and/or vomiting (and for 72 hours after the symptoms have ceased)**

It's OK to ask

We encourage patients and visitors to help us prevent infection by asking our staff if they have cleaned their hands.

6 steps for effective hand hygiene



Palm to palm



Backs of hands



Between the fingers



Fingertips



Thumbs and wrists



Nails in palm of hand

We're preventing infection

For more information about Infection Prevention and Control at NUH please see our patient information leaflets on MRSA and *Clostridium difficile* or visit www.nuh.nhs.uk/cleanyourhands

Clean your hands effectively to prevent and reduce the risk of infection.

If you have any questions or concerns our Infection Prevention and Control Team will be happy to provide advice or further information:

Queen's Medical Centre campus: 0115 924 9924 ext 63866

City Hospital campus: 0115 969 1169 ext 55578



This document is available in other languages and formats upon request from the Communications Team at Nottingham University

Hospitals NHS Trust on

0115 924 9924 ext 63562

or by e-mail at nuhcommunications@nuh.nhs.uk