

How to stop germs and infections

Advice for patients



EasyRead version

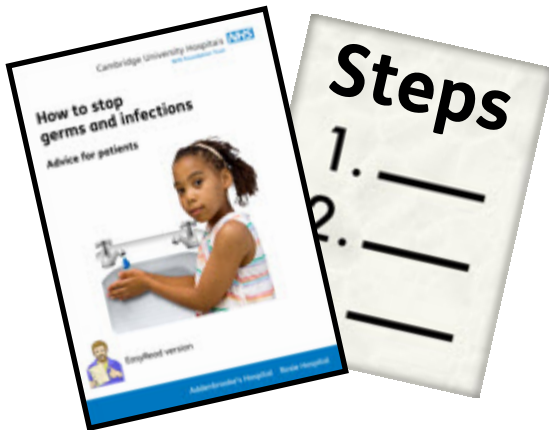


Why you need to read this leaflet

If you pick up germs it can make you sicker and you may have to stay longer in hospital.



Germs can be brought in and spread by patients and visitors.



If you follow the steps in this leaflet, you can help us stop the spread of germs and infections.

What if I get an infection?



You may be moved to a room by yourself.

Don't worry – this is the normal way of helping you get rid of any germs.



Your nurse will explain why you are being moved and what will happen.



Please ask questions about what is happening.



The more you understand about what is going on, the easier it is for us to help make you better.

12 things you can do to help stop the spread of germs



1. Please don't touch your wounds.



2. Please don't touch anything that is stuck to any part of your body.



3. Please don't take off your dressing to show visitors.



4. Always wash your hands after going to the toilet.



5. Always wash your hands before you eat.



6. Keep your belongings tidy so that the cleaning staff can clean around you easily. Ask your visitors to help you keep your things tidied away.



7. Tell staff if you see any dirt or dust on the ward.



8. Remind staff to wash their hands if they forget. They don't mind!



9. Try to have a shower every day.



10. Change into clean clothes every day.



11. Don't share your things with other patients unless they have been cleaned.



12. Only have 2 visitors at a time.

If you need help with doing any of these things, ask a nurse to help you.

What can I do to help my visitors from catching anything?



You can remind them to wash their hands:

- before coming into the ward
- after leaving the ward
- after helping to take care of you.



Visitors can also clean their hands with a hand gel- this is rubbed on the hands to kill germs. There are bottles of hand gel on the wards.



Ask your visitors not to sit on your bed and not to use your toilet.



There is a special leaflet for visitors to the hospital. Please ask the staff if you would like one.

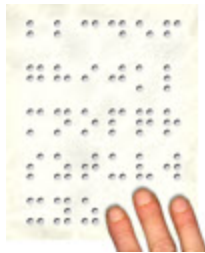


What if I have more questions?

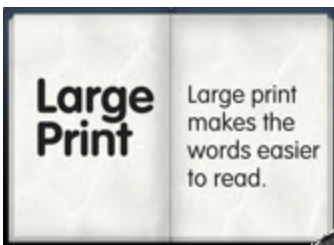
If you are worried or have any questions, please ask your nurse. You can also talk to the Infection Control Team on **01223 217 497**.



You can get this information in other formats, like:



- Braille



- large print



- audio

Just get in touch with us

by email:

patient.information@addenbrookes.nhs.uk





by telephone:

01223 216 032

Or you can get in touch with the
Patient Advice and Liaison Service
(PALS)



01223 216 756



Credits

This paper has been designed and produced for Addenbrooke's Hospital by the EasyRead service at Inspired Services Publishing Ltd. Ref ISL057/08. November 2009.

To contact Inspired Services:



www.inspiredservices.co.uk



All photos used are copyright
Photosymbols or Cambridge
University Hospitals
NHS Foundation Trust