

General Hygiene

- To reduce the risk of cross infection please do not sit or lie on patients beds or put your feet up onto the furniture, please use the chairs provided.
 - Do not touch or interfere with any medical equipment.
 - Keep the bedside locker/ bedroom tidy & free from clutter. Personal belongings should be stored in the drawers & cupboards provided. No loose items should be left on the floor.
 - If you have any concerns about hygiene in the ward/care home or if you are worried or unsure about any infection control issues, please speak to the nurse-in-charge.
 - You should feel free to speak to any member of staff about whether they have cleaned their hands - please ask our staff 'Have you washed your hands or used the hand sanitizer?'
 - Occasionally restrictions to visiting may be put in place for infection prevention & control purposes, we will advise you accordingly & your co-operation would be much appreciated.
- If you want to talk to the Matron responsible for the area where you are being treated or visiting, please ask a member of staff.

For more information about infection prevention & control please contact:

Infection Prevention & Control Services
Black Country Partnership NHS
Foundation Trust
Delta House
Greets Green Road
West Bromwich
West Midlands
B70 9PL

Delta House Reception: 0121 612 8004
& ask for the Infection Prevention &
Control Dept.

INFECTION PREVENTION AND CONTROL

**Proud to be clean,
it's everyone's business!**

What can I do to help?
*Information for patients &
visitors*

Our staff work hard to keep our hospitals clean and reduce the risks of passing on infections to our patients/clients/service users.

If you are visiting a member of the family or a friend either in hospital or a care home there are a number of things you can do to help prevent the spread of any infection including MRSA.

Some infections such as winter vomiting virus (Norovirus) may be brought in from the community and can spread rapidly between patients and staff. Remember hospitals and other healthcare facilities including care homes have many vulnerable patients – your behaviour can affect their outcome.

Visiting

Visitors can all 'do their bit' to help to prevent the spread of infection by following a few simple rules:

- If you are unwell and have an illness such as a heavy cold, vomiting or diarrhoea, please DO NOT visit the hospital/care home. If you are unsure please contact the relevant ward to check before you visit.



- If you have vomiting or diarrhoea you should not visit until 48 hours after all your symptoms have stopped.

Hand Hygiene

- Always clean your hands with soap & water or use the hand sanitizer provided before you enter and when you leave the ward/home/department
- In the wards limit the number of visitors to two people, & use visitor rooms/areas where provided.



- Do not let children crawl or play on the floor.

Keeping Tidy

- Dispose of any rubbish such as sweet wrappers, newspapers etc. In the household (black bag) waste bins provided.
- Follow ward staff advice when visiting a patient who is being nursed in an isolation room.
- Avoid bringing food into the hospital for your loved one/friend other than biscuits, fruit, sweets (all of which should be wrapped).
- Please strictly limit the amount of items brought into hospital as they can cause clutter and make cleaning the environment difficult.
- Visitors please do not use the patient's toilets



- **Soiled linen** (e.g. personal clothing). The nurse will put the soiled laundry into a water soluble bag inside a (carrier bag) for you to take home.
- This inner water soluble bag can be placed directly into the washing machine without opening it.
- For best results put the unopened inner patient clothing bag into the washing machine on its own - do not add any other articles to be washed.



- Wash at the highest temperature that the fabric will allow with your usual detergent. At the end of the cycle the laundry bag should have completely dissolved, if it has not, dispose of the bag in your normal household waste.
- Dry & iron clothing as usual
- Always wash your hands thoroughly with soap & water to reduce risk of cross contamination after handling soiled linen.