

## Infection prevention and control team

You can contact our infection prevention and control team direct if you have any queries or questions.

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## Contact us

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 [sussexcommunity.nhs.uk](https://sussexcommunity.nhs.uk)

### Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS using the above information.



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Sussex Community  
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## Together we can fight infection

No person should be harmed by a preventable infection



## Healthcare acquired infections can be introduced and spread by patients and visitors.

This leaflet explains how you can help our staff to reduce the risks and provide a clean and safe environment in which to care for patients.

By following the guidance in this leaflet, you can help us to stop vulnerable individuals picking up an infection and prevent the spread of infections.

## What can you do?

### Make sure you are in good health before visiting

If you have had diarrhoea and/or vomiting, you should be symptom-free for at least 48 hours before your visit.

If you have a heavy cold, flu or a chest infection, do not visit until the symptoms go away.

If you have any open wounds, a clean, waterproof dressing should cover them.

## Hand hygiene

### When to wash your hands

- Whenever they look dirty.
- After using the toilet or changing a nappy.
- After sneezing or blowing your nose.
- Before and after food.
- Before and after touching any wounds or dressings.

### How to wash your hands

- Wet your hands with warm water.
- Put a small amount of soap onto your hands and rub it in.
- Rub your hands together for at least 15 seconds. Make sure that all areas of your hands are wet and soapy.
- Rinse your hands with warm water until all the soap has gone.
- Dry your hands with a paper towel or hand dryer. You can use the same paper towel to turn off the tap so that your hands stay clean.

## How to protect yourself

- If you think a member of staff forgot to wash their hands before touching you, please remind them.
- Staff do not mind being reminded of the importance of cleaning their hands.
- Report to the ward nurse or member of staff on arrival in case there are any particular restrictions.

## General advice

- To help staff maintain a high standard of cleanliness in hospitals only bring essential items to keep in a locker.
- Stick to visiting times and number of visitors allowed.
- Visitors should not sit on patient beds, please use the chairs provided.
- Never touch patient's wounds, drips or drains.
- Do not bring food in for patients unless you have special permission from staff.
- Talk to the staff if you have any concerns about cleanliness of the environment.

