

Information Leaflet

**Hand Hygiene in a Healthcare Setting  
Patient and Visitor Information**

Produced By: The Infection Prevention and Control Team

November 2016  
Review date November 2019



**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্ রথম ভাষা না থাকার কারণে এই লিফলেট পড়তে অক্ ষম হন, তাহলে আরও তথ্ যের জন্ য01983 534850 নেভিগেশন PALS টেলিফোন ইংরেজি কথা কেউ জিজ্ ঞ্াসা করু নএবং সাহায্ যকরন

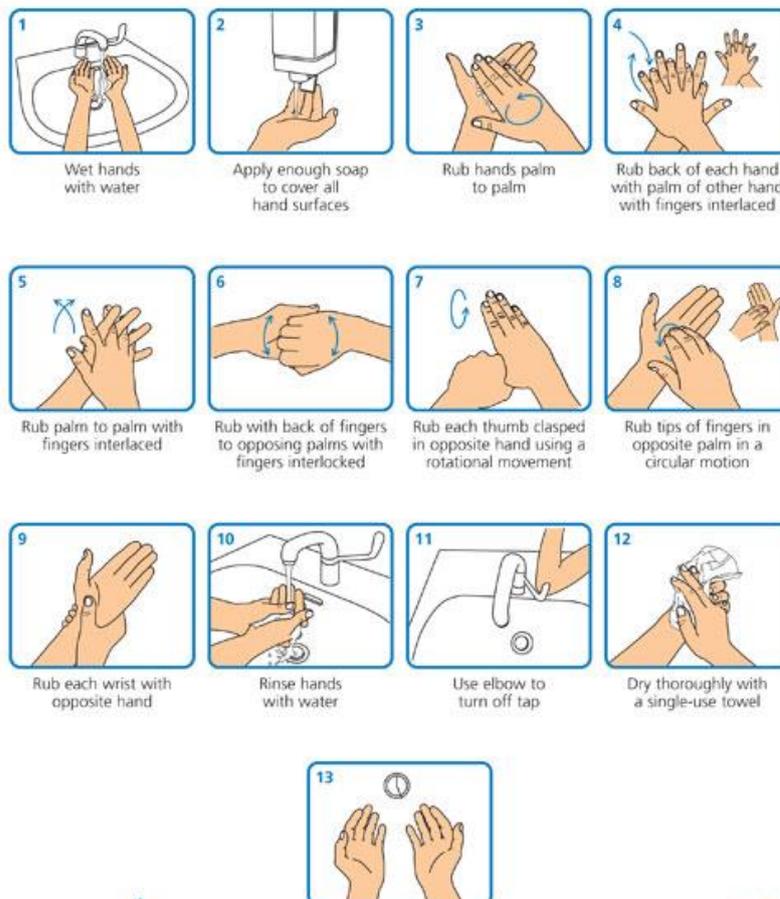
Effective hand hygiene removes micro-organisms (germs) which may cause harm both to you and others. To protect everyone, it is essential to carry out effective hand hygiene in a healthcare setting. You may not be able to see the micro-organisms on your hands but every time you touch someone or something else you will be picking them up and 'sharing' them unless you clean your hands properly.

Hand hygiene should be carried out before and after visiting a healthcare environment, after using toilet facilities, after coughing or sneezing into the hands, before handling food or eating and before and after providing any patient care.

**Washing hands with soap and water** when carried out effectively, physically removes the loose organisms on the hands. In the healthcare setting, do not store personal toiletries, toothbrushes, washcloths etc on sinks also used for hand washing as they will become contaminated by splashing from the sink.



## Hand-washing technique with soap and water



**Hand sanitiser** provides a means of quick and effective hand hygiene and is available at the point of care in the hospital setting. It is essential that all surfaces of the hands and wrists are covered and that the sanitiser is rubbed in until it has evaporated.

As hand sanitiser cannot penetrate organic matter, hands must be washed with soap and water when they are visible dirty.

Hand sanitiser is not effective against some 'gut bugs' such as *Clostridium difficile* and Norovirus. After visiting patients with diarrhoea or vomiting symptoms, hands must be washed with soap and water.

To keep hands in good condition, moisturiser should be regularly used. Cracked and very dry skin may increase the risk of cross infection.

## **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Patient Advice and Liaison Service. If you wish to contact them directly, telephone on 524081, extension 4850. Alternatively you may prefer to write to:

Chief Executive  
Isle of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call:  
01983 814280 or 07919 598549

Ref: IC/HH/3