



During your stay in hospital

Wash your hands

Cleaning your hands is one of the easiest ways to prevent bacteria being passed from person to person. A third of infections can be prevented with effective hand hygiene, which means washing your hands thoroughly with soap and water or using alcohol hand gel.

Always clean your hands:

- after leaving or entering the ward
- after visiting the toilet, using a commode or changing a nappy
- before eating, drinking and handling food
- after blowing your nose, sneezing or coughing
- if your hands are dirty

If you have a wound dressing, stitches, drips or catheters, try not to touch them unnecessarily.

Walk apart

Keep socially distanced (two metres apart) from other people in the bay as much as you can. Don't sit on other people's beds. Please do not visit other patients on the ward.

Wear a mask

In most cases, you will need to wear a surgical face mask during your stay in hospital.

You won't need to wear a mask:

- when you are eating or drinking
- when you are sleeping
- if it would affect your clinical care

Always wash your hands after touching your mask. You will need to change your mask regularly and dispose of old masks in a clinical waste bin. Please ask a member of the team if you have any questions.

Catch it, bin it, kill it

Prevent the spread of infection:

- **Catch it:** Germs spread easily. Use tissues to catch your cough or sneeze.
- **Bin it:** Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.
- **Kill it:** Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

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