

Infection Control

Advice for Visitors

Together we can fight infection

Hospital infections can be introduced and spread by patients and visitors; this leaflet explains how you can help the staff to reduce them and provide a clean and safe environment in which to care for patients. By following the points in this leaflet, you can help us to prevent vulnerable individuals picking up an infection and prevent the spread of infections. If patients pick up an infection, it can cause additional pain and anxiety. It might result in additional treatments and prolong their stay in hospital.

What can you do?

1. 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, stay away until the symptoms go away. This is **particularly** important if you are visiting Oncology, Haematology, Transplant or Intensive Care Units.
- If you have any open wounds, a clean, waterproof dressing should cover them.

2. Have you had contact with people with infections?

Some infectious conditions for example chicken pox, shingles, and mumps may be a problem to patients, especially babies, children and adults with a vulnerable immune system. If you have been in contact with somebody who has an infection it is best if you do not visit other patients. If unsure, please contact the ward staff or Infection Control before you visit.

3. Use the alcohol gel

In most instances, the **most effective way** to protect patients and yourselves is to use the alcohol gel provided when entering and leaving the ward. However in case of *Clostridium difficile* or if there is viral diarrhoea and vomiting on the ward we would ask you to wash your hands. Make sure you cover all surfaces of your hands.

Feel free to remind others if they appear to have forgotten.

4. Patients being barrier nursed

If a patient is being **barrier nursed** in a single room or in a bay, please check with staff before entering. Always perform hand hygiene on leaving.

General Advice:

1

In order to assist ward staff in maintaining the highest standards of cleanliness only bring in essential items and try to keep patients' personal belongings in the designated locker.

2

Stick to visiting times and the numbers of visitors allowed.

3

Please do not sit or lie on patients' beds, use the chairs provided. Do not use the patient toilets.

4

Never touch patients' wounds, drips, tubes etc. If you do so accidentally, please wash your hands immediately.

5

If you are visiting more than one patient, perform hand hygiene in between them. You should visit non-infectious patients first.

6

Non-perishable items of food can be brought in for patients. Other food must be prepared following good food hygiene principles. It must be stored correctly in transit to the hospital and consumed immediately. If this cannot be guaranteed, the Infection Control Team does not recommend that this be given to patients.

7

Please do not go into the ward kitchens unless you have been given specific permission from ward staff.

8

Children should be discouraged from crawling on the floor and must be supervised at all times.

9

Check what kind of gifts it is ok to bring in. Some wards don't allow flowers.

10

Talk to the ward staff if you have concerns about the cleanliness of the environment.

Further information:

- The Infection Control Team: 01223 217497
- Royal College of Nursing: www.rcn.org.uk/resources/mrsa

Adapted from:

Royal College of Nursing, Information for Visitors – MRSA and other health care associated infections. April 2005.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माहिती वीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभली शकाय जेवा माध्यम (ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکے نہ گھر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history

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