

# Infection prevention

## Reducing the risk of infection while you are in hospital



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**The risk of getting an infection while you are receiving healthcare or treatment is very low. This factsheet shows some steps you can take to reduce that risk even further.**

### What to bring

**Toiletries:** It is important to keep yourself as clean as possible. Please bring personal toiletries, tissues, several clean flannels and a towel into hospital with you. It is best to use a pump-dispensed soap, as soggy soap can breed bacteria. Staff will tell you what to do about storing and washing clothing and towels.

**Footwear:** Always wear something on your feet around the ward. Outdoor shoes with a grip sole are safer than slippers or socks.

### Using the toilet and bathroom

Always wash your hands after using the toilet.

Ask for a copy of the hand hygiene leaflet if you have not already received one from the ward staff.

Do not be afraid to ask staff to help you clean your hands if you are unable to do so yourself.

If you are bed-bound for a while, it is useful to have some moist hand wipes close by, so you can clean your hands whenever you need to. This is especially important after using a toilet/commode and before meals. Your care team will provide these.

Whatever you use, remember to bring it back from the bathroom so no one else uses it.

If you find the toilet or bathroom is not clean, do not use it. Tell a member of staff as soon as you can and use an alternative.

### Preventing the spread of infection

Use tissues to blow your nose or cough into. Use them only once and then dispose of them into the waste bag or bin.

Please ask our staff if they have washed their hands or used hand sanitiser before providing your clinical care. Staff will wear gloves.

Please tell staff if you have been incontinent, injured, vomited or feel unwell. They can give you any help you need and clean any spillage away safely to prevent spread of infection.

Your room will be cleaned regularly. If you or your visitors see something that has been missed during routine cleaning, please tell the nursing or domestic staff aware. It will be dealt with as soon as possible.

Try to keep surfaces free from clutter to make it easier to clean these areas.



## Advice for visitors

Keep to the visiting times whenever you can. This gives the nursing and domestic staff time to clean properly, and ensures privacy and dignity for others.

Wash your hands before and after visiting, or use the alcohol hand rubs at the entrance to the wards and in corridors. If you notice one is empty, please tell a member of staff so we can refill it.

Do not come if you feel unwell, especially if you have vomited or had diarrhoea in the last 48 hours.

Do not sit on beds – use the relative chairs.

Always ask the nurse in charge before bringing children on to the ward. It is better that very young children do not visit. If they do, please do not let them crawl on the floor or on the beds.

## The Infection Prevention and Control Team

This team of healthcare professionals consists of microbiologists, virologists and specialist nurses. Their role is to help our staff to prevent and manage all infections across the Trust.

Every ward has specialist nurses from the team who support and visit regularly. You can contact us on **01539 718169** or email [infection.prevention@cumbria.nhs.uk](mailto:infection.prevention@cumbria.nhs.uk)

## Confidentiality

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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