

Tameside and Glossop Integrated Care NHS Foundation Trust



If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لیپس سروس، انٹرنیشنل اینڈپیشنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Help us to help you It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

Author: - Infection Prevention Team
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Version No. 4.0
Ref No. IC002
Created: October 2005
Date last reviewed: June 2020
Next review date: June 2022

Advice on Handwashing

Patient Information Leaflet
Infection Prevention Team



Why should I wash my hands?

Hands may look clean but invisible germs are always present, some harmful, some not. Removal of these germs is the most important factor in preventing them from being transferred to other people.

Handwashing is the simplest and easiest way of preventing the spread of infection and disease.

When do I wash my hands?

For example:

- Always wash your hands before eating or handling food.
- After visiting the toilet.
- Whenever hands are visibly dirty
- It is good practice for all health care staff to wash their hands or to use an alcohol hand rub prior to contact with your wound, or doing your observations, making your bed or examining you (to name a few).

If this does not happen do not be afraid to ask them to do so.

General hand care

- Keep nails short, to prevent bacteria growing under nails.
- Dry hands well to prevent chapping.
- Protect hands with hand cream
- Always cover any cuts with a waterproof plaster.

How do I wash my hands?

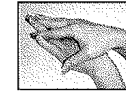
To be effective hands should be wet thoroughly with water before applying soap.

All surfaces of both hands should be vigorously massaged with the lather using the technique described below.

Make sure you rinse all the soap off your hands under the running water and then dry your hands thoroughly.



Palm to palm.



Right palm over left dorsum and left palm over right dorsum.



Palm to palm fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



Rotational rubbing of right thumb clasped in left palm and vice versa.



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

If you have any questions you want to ask, you can use this space below to remind you.

If you would like more information

- Ask to speak to a Hospital Infection Prevention Nurse or telephone 0161 922 6194

REFERENCE

PRATT, R.J.et al. Epic3 (2013), National Evidence-Based Guidelines for preventing Healthcare associated infections.

Journal of Hospital infections

Infection Control Nurses Association (2002)

Hand Decontamination Guidelines.

Infection Prevention Society (IPS) association with Regent: London