Hand Hygiene and your Healthcare Team

What to expect from healthcare workers

Your healthcare team should clean their hands:
• Before touching you
• After touching you
• Before and after a procedure
• Before and after using gloves
• After touching your surroundings (e.g. your bed)

Why this is important
By cleaning our hands we help reduce the spread of infection in hospitals. Avoiding infections is one way to help you get better and go home sooner.

Feedback (Pass any feedback on hand hygiene to the Nurse Unit Manager)

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Help Us Beat Infections

Hand Hygiene and You

Work with your healthcare team by:
• cleaning your hands with either soap and water or alcohol rub.
• asking doctors, nurses or other healthcare staff for advice on cleaning your hands to help you maintain good personal hygiene.
• asking doctors, nurses or other healthcare staff if they have cleaned their hands before touching you.
• telling your visitors to clean their hands each time they enter or leave your room.
• telling your visitors not to touch your wounds, dressings, or other equipment being used to treat you.

The alcohol rub is available for everyone to use.

Before and after meals
After going to the toilet
After sneezing or coughing
On return to your room
After blowing your nose

Clean your hands

Help Us Beat Infections

Feedback (Pass any feedback on hand hygiene to the Nurse Unit Manager)