

What should I do if hand hygiene is not performed by a healthcare worker?

Please feel free to ask the healthcare worker if they have used alcohol gel or washed their hands if you have not seen them do so at the opportunities identified in this leaflet.

When should I wash and when should I use alcohol gel?

When hands are soiled, they must be washed. Alcohol gel can be used on clean hands.

Would you recommend our service to your Friends and Family?

Our staff members are required to ask you if you would recommend our service to family and friends. Your feedback will help us to improve the care and treatment we provide.

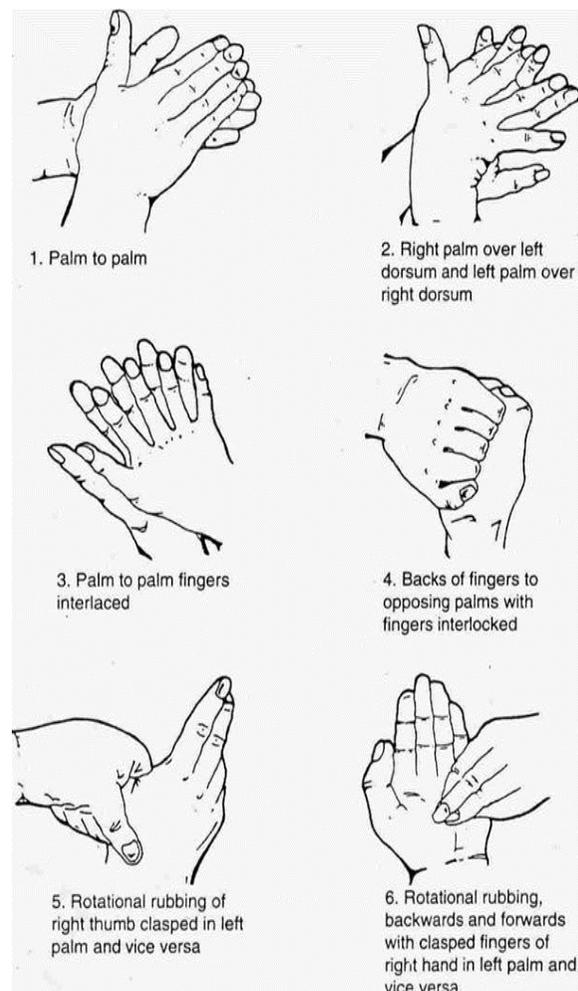
Wye Valley NHS Trust
www.wyevalley.nhs.uk
Telephone 01432 355444

What can visitors do to help?

Visitors are encouraged to use the alcohol gel on their hands as they enter and leave a ward or clinical area.

How should I wash my hands?

The technique below demonstrates how to carry out effective hand decontamination.



Hand hygiene information leaflet

Infection prevention team

The Trust's infection prevention team provide a comprehensive service across Wye Valley NHS Trust acute and community healthcare services.

Please contact the team on 01432 355444 extension 5133 if you would like more information.

Hand hygiene is the most effective infection prevention measure to be undertaken.

Wye Valley NHS Trust has adopted the World Health Organisation's five moments for hand hygiene, which are:

- Before patient contact.
- Before a clean or aseptic procedure.
- After body fluid exposure.
- After patient contact.
- After contact with the patient's surroundings.

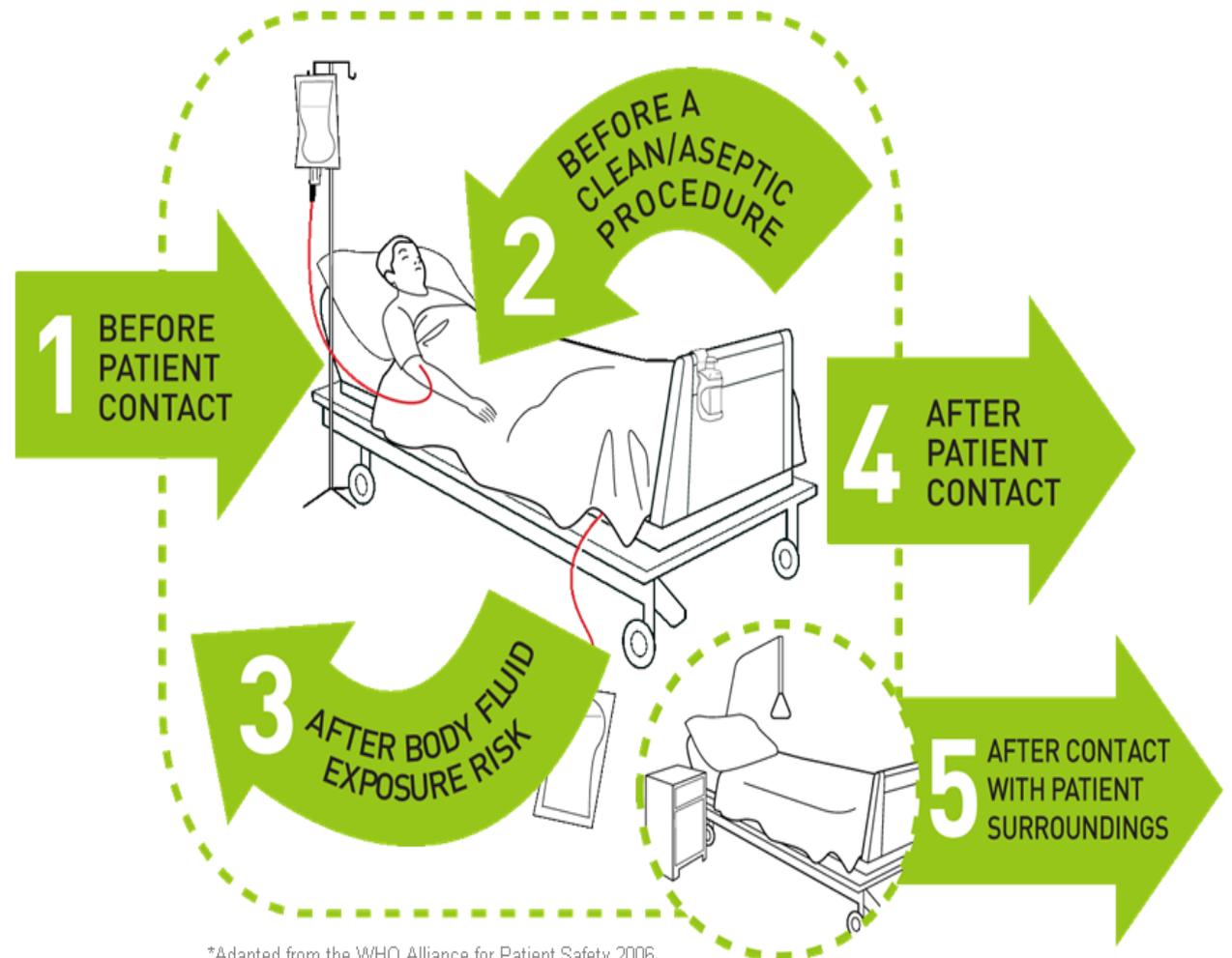
As a patient what can I do to help?

Whilst you are a patient, hand hygiene should be performed:

- After using the toilet.
- Before eating food.
- After covering your mouth when coughing.
- After blowing your nose.
- Avoid touching any drips or tubes that enter your body and any wound dressings unnecessarily.

* If you are carrying out any of your own care, the opportunities opposite should be observed.

Your 5 moments for hand hygiene at the point of care*



*Adapted from the WHO Alliance for Patient Safety 2006