



## Supporting resource CM/08: Patient leaflet text

### Help us to prevent infections spreading

The easiest way to pass on germs is with our hands so when staff clean their hands before and after touching each patient, it helps stop the bugs spreading.

### There are two main ways to clean hands:

#### Washing with soap and water

This removes germs and is best when hands are soiled. Soap and water should be used to clean hands if the patient is vomiting or has diarrhoea.

#### Using alcohol handrub

These kill more than 99 per cent of germs in around 30 seconds and dry naturally on the skin. And because we don't have to be near a sink to use them, they are also very convenient. The clean**your**hands campaign encourages staff to use these rubs.

We hope that seeing us use them will help you feel confident that you're in safe hands.

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The clean**your**hands campaign is about getting better at hand hygiene to help prevent infections spreading.

We've chosen to participate in the clean**your**hands campaign as all our staff take infections seriously and are committed to keeping you, our patients, as safe and healthy as possible.

### What causes infection?

Infections are never caused by dirt – they can be caused by viruses, but mostly by 'bugs' or germs called bacteria that occur naturally all around us. They also live on our skin, and in our mouths and noses. Most of them don't do us any harm. But when we are unwell or frail, due to illness or after an operation, our bodies' natural defences are weaker, so more care is needed to protect us.

### It's OK to ask!

We take hand hygiene seriously but sometimes when we're really busy, we might not clean our hands as often as we should. So if you're worried that we've forgotten, it's OK to remind us! We welcome your help in keeping you safe.

### Help us get it right

The campaign materials you'll see us wearing and displayed around the building are there to remind everyone how important clean hands are in the fight to prevent infections.

