

Summary Points to Remember

- Follow 7 easy steps to reduce the spread of infections

Together we can fight infections

Hospital infections can be introduced and spread by patients and visitors. This leaflet explains how you can help to reduce infections and provide a clean and safe environment. This will protect you, the staff who care for you, and your loved ones who visit you.

When you are admitted to hospital you are no longer in your familiar surroundings. You may be sharing a ward with other patients. Your illness and even your treatment, surgery or medication, may make you vulnerable to infections. This may expose you to unwanted germs.

By following the points in this leaflet, you can help prevent infections.

What's new?

We have introduced simple changes to our cleaning practices to help fight infection.

What we are doing

We are focusing our cleaning practices to areas touched by patients and staff more frequently. This is because it is these areas where germs are more likely to be present, for example, on your bed rails, side table, call bell, tap handles, sinks, toilet etc.

How this benefits you

We want to minimise your chances of coming into contact with germs so that you don't pick up an infection whilst you are in hospital.

7 easy steps for you to follow

1. Wash your hands before using the toilet and after eating.
2. Ask visitors to wash their hands or use the hand sanitizer gel before and after they visit.
3. Courteously remind staff to clean their hands before and after contact with you.
4. Keep your bedspace tidy and free from clutter.
5. Let your nurse know if your bedspace or bathroom is dirty.
6. If you wish, use the cleaning wipes to clean items in your room or bathroom.
7. Ensure your personal hygiene is maintained. Your nurse can assist you with this.

Contact

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