Calderdale and Huddersfield
NHS Foundation Trust

Infection Prevention and Control Department

Keeping you safe in hospital

While the risk of acquiring an infection whilst in hospital is low, you can play an important role in reducing the risks.



What should you do to get ready to come in to hospital?

- ✓ Good personal hygiene is important so bring personal toiletries.
- ✓ Good oral care can help prevent chest infections, so remember your toothbrush, toothpaste, floss etc.
- ✓ Bring slippers / shoes with a good grip, and any walking aids that you use. Many wards encourage you to wear your day clothes. This helps with your recovery.
- ✓ Please tell us if you have MRSA, C. Diff or CPE this will ensure that the most appropriate antibiotics are prescribed, if required.



How can you help whilst in hospital?

Hand hygiene is the most important thing you can do to protect yourself from infection and prevent the spread to others. The steps are illustrated here on the right and hand wash basins.



5 moments for hand hygiene

- After using the toilet, commode, bed pan or after handling nappies.
- Before meal times.
- If you need to touch any breaks in your skin – wounds, dressings or tubes.
- After coughing, sneezing or touching your mouth or nose.
- After leaving or returning to your bed/chair.



If you need assistance please ask a member of staff to help you. Also, if you are concerned a member of staff has not cleaned their hands it is ok to remind them or speak to a member of staff.

Other things you can do:-

- If possible sit up for all meals, either on your chair or at the edge of your bed.
- Deep breathing exercises and gentle body movements throughout the day will help you fight infections.
- Avoid touching any drains or tubes as these are a route in for infection. If you need help with these, ask a member of staff.
- Keep your locker and bed-table free from clutter so the domestic team/ward staff can keep your environment clean.
- You may be allocated a side room if you have an infection. It is important you are aware of the standards to be met in your side room. These will be displayed on a poster in your room.



compassionate care

What should you expect from your hospital team?

We promote high standards from all our staff to keep you and other patients safe.



The following is what you can expect:-

- Staff will be **'bare below the elbow'**. This means they have no rings except a plain wedding band, no watches or bracelets, long nails or nail varnish.
- Before and after touching you hand hygiene is performed.
- Staff will wear goggles,mask, an apron (or plastic gown) and gloves when in contact with you.
- Staff will wear disposable gloves as well if they are at risk of handling blood or bodily fluids.



In addition, the whole ward including the bathrooms/toilets and your bed area are cleaned regularly.

If you or your visitors see something that looks unclean, let a member of staff know.

Advice for visitors

Please discourage hospital visiting unless it is either to drop off personal belongings for you or they are permitted to visit.

If your family or friends have a cold, flu or covid-19 like symptoms or an upset stomach please ask them not to visit until they are fully recovered. All visitors will be required to wear a mask on entry to the hospital. Do encourage your visitors to wash their hands or use the alcohol hand gel available at the entrance to the ward or at the end of your bed before and after visiting.



Visitors and staff should not sit on your bed, extra chairs are available.

Visiting off the ward is strongly discouraged to maintain the safety of you, other patients and staff.

Facilities for storing food brought into the hospital is not available, as such we cannot accept food that requires refrigeration such as fresh or artificial cream products, raw or cooked meat, fish or poultry, pre-wrapped sandwiches or pre-packed crisps. Some pre-packed dried food is permissable such as biscuits, crackers, muffins, teacakes and drinks in plastic bottles.

The Trust has a legal obligation to comply with the requirements of the Food Safety Act 1990 and associated legislation relating to the composition, labelling, safety, handling, control and hygiene of food. As such we respectfully ask for your support in this.

If you have any comments about this leaflet or the service you have received you can contact :

Specialist Nurse
Infection Prevention and Control Department
Huddersfield Royal Infirmary
Telephone No: 01484 355259

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"