

Keeping yourself and others safe while in hospital

While in hospital it is very important that we continue to protect each other by following the principles of:



Hands

Hand hygiene is the most important method of preventing and controlling the spread of infections.

There are two main ways to clean your hands:



wash them with soap and fresh running water or



use alcohol hand gel (sanitiser) but only on hands that are not visibly dirty.

You must wash your hands:



after using the bathroom or toilet facilities



before eating food – hand wipes will be made available for you to use at mealtimes



after coughing or sneezing into your hands



before putting on a mask and after removing it.



when your hands are visibly dirty

Please follow the **hand hygiene technique displayed above sinks for 20 seconds** to ensure your hands are clean.

If you would like to clean your hands but **can't get to a sink**, staff can assist by providing hand/wet wipes or alcohol gel as appropriate.

You should expect to see our staff clean their hands **before and after they provide care to you**. If you think a staff member has forgotten, 'it's OK to ask', it's everyone's responsibility to remind.

Face



Although it may be difficult when unwell, **all patients must wear a mask in hospital** if safe to do so and especially when **moving between wards** or departments.



Masks are available in all areas and are to be worn when **moving around the ward**, please speak to a member of staff who will provide you with one.



It is important to **clean your hands** before putting your mask on and after removing it.



A surgical face mask can be worn for **up to four hours** but must be changed sooner if it becomes wet or visibly contaminated. It is important that facemasks are worn correctly and safely. Please see below some simple face mask do's and don'ts:

Do's		Don'ts	
			
Clean hands with alcohol hand gel or soap and water prior to putting on your face mask or covering	Ensure your nose, mouth and chin are covered	Do not use if damaged, ripped or damp	Do not wear the mask/covering under your nose or around your chin
			
Adjust your mask/covering to your face without leaving gaps at the side	Clean your hands with alcohol hand gel or soap and water before removing your face mask or covering	Do not touch the front of the mask or covering	Do not remove the mask or covering to talk to someone. Do not pull the mask/covering down to eat or drink anything.

Please help us to keep safe by **disposing of facemasks correctly in a yellow and black striped bin.**

Space



Transmission of the COVID-19 virus is most likely to happen within two metres.



We know that keeping this exact distance isn't always possible but it's important to remain mindful of surroundings and continue to make space as this has a powerful impact in reducing the risk to others.



Please ensure you **keep a two metre distance** between yourself and other patients in your ward.

We realise that these times can be distressing for patients and their loved ones and we thank you for your support in protecting patients and staff during the Coronavirus pandemic.

