

# Infection Control

Guidance for relatives and carers



In order to reduce the risk of spreading infection please take time to read these few good practice points whilst visiting our hospital. This will assist the Trust to continue to maintain high standards to keep your relative or friend safe from infection.

- Always use the alcohol gel (sanitiser) provided or wash your hands on entering and leaving the ward or department you are visiting.
- If your friend or relative already has an infection and has been put into isolation please make sure that you wash your hands or use alcohol gel (sanitiser) on leaving the room.
- You do not need to wear an apron and gloves when you enter the room. However you will need to wear them if you help your relative or friend with any personal care.
- If you are visiting anybody else in the hospital please make sure you visit people in isolation last. This is to prevent spread of infection to others.
- Please try to co-ordinate your visits so that there are only two people visiting at any one time. The more visitors a patient has, the higher the risk of bringing an infection in from the outside.



- Children who are unwell or have coughs or colds must not visit the hospital. If in doubt please speak to the nurse in charge before visiting.
- Please do not sit on the bed. This is not only uncomfortable for your relative but is another possible way of spreading infection. Even healthy people carry bacteria on their skin... we all do!
- Please limit the amount of personal possessions coming into hospital. These can collect dust and may carry germs.
- If you are coughing and sneezing please use a tissue to cover your mouth, dispose in the waste bins provided afterwards and clean your hands either by washing or by using the alcohol gel (sanitiser) provided.

***Please inform the nurse in charge by phone before visiting if you:***

- currently have any symptoms of an infection such as diarrhoea or any flu-like symptoms;
- have been in contact with anyone who has had the above symptoms within the last three days;
- have been in contact with anyone who has an infectious illness, for example, chicken pox, whooping cough, mumps etc.

**Ward contact number**



On behalf of the Leeds Teaching Hospitals NHS Trust, thank you for taking the time to read this short leaflet. If you have any problems or questions please don't be afraid to ask a member of staff on the ward.