

Stopping infection in hospital

Information for patients and visitors

Why you need to read this leaflet.

To help us stop the spread of germs and infection in the hospital.

Germs can be brought into hospital and spread by patients and visitors.

If you pick up germs it can make you more poorly. You may have to stay longer in hospital.

Text only



Help stop the spread of germs.

Let a nurse know if you need help with any of these.

1. Do not touch your wounds.
2. Do not touch anything that is stuck to you.
3. Do not take off your dressing to show your visitors.
4. Always wash your hands for at least 20 seconds after going to the toilet.
5. Always wash your hands for at least 20 seconds before you eat.
6. Keep all your things tidy. You can ask your visitors to help.
7. Tell staff if you see any dirt or dust on the ward.
8. Remind staff to clean their hands if they forget. They do not mind.
9. If you can, try to have a shower every day.
10. If you can, change into clean clothes every day.
11. Do not share your things with other patients or visitors. This includes food, drinks, and pens or pencils.

Visitor advice

1. Most patients can have two visitors at one time.
2. If your visitor has any symptoms of an infectious illness, please ask them not to visit.

Symptoms include

- a cough
- temperature
- sore throat
- runny nose
- diarrhoea (runny poo)
- being sick
- change in taste or smell.

3. There is up-to-date information about visiting our hospitals on our web site

www.ekhuft.nhs.uk/covid-patient-information

4. Some patients may have an infection that can spread to others.

Visitors may be asked to wear masks only or masks, gloves, and aprons when they visit these patients.

When staff go in the patient's room, they may wear

- masks only, or
- masks, gloves, and aprons, or
- PPE (Personal Protective Equipment).

If you have any questions about stopping infection in our hospitals, please ask a member of staff.

Our Patient Advice and Liaison Service (PALS) can help you.

You can ask a question or tell them if you are unhappy about something.

Phone: 01227 78 31 45 The team can phone you back.

Email: ekh-tr.pals@nhs.net

Post: Patient Advice and Liaison Service (PALS)
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Ethlebert Road, Canterbury
CT1 3NG

Created together with people with a communication need, the
experts by experience