

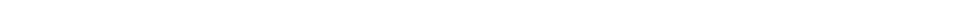


# Patient Information Service

Infection Prevention and Control Team

## Infection prevention and control guidelines for visitors

Southend University Hospital   
NHS Foundation Trust



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Dear Visitors,

Some of the patients in hospital are at risk of infection and some may already have an infection.

At Southend Hospital, Infection Prevention and Control has undertaken a great deal of work to minimise the risk of infections with the Trust.

## How can visitors help?

In order to protect the patients and yourselves, please follow these few guidelines:

- Do not sit on the patient's bed - please use the chairs provided
- Limit the number of visitors around the bed to two people
- Do not let children crawl or play on the floor or over the bed
- Dispose of any rubbish such as sweet wrappers, newspapers, etc in the household bins provided on the ward (black sacks)
- Follow the advice given by ward staff when visiting a patient being nursed in an isolation room
- Report any unclean areas to a member of staff so immediate action can be taken
- Do not visit if you are feeling unwell or have an infection such as flu, heavy cold, diarrhoea or vomiting. If you are unsure whether to visit, please telephone and check with the nurse in charge

- We do not advise that visitors bring food to the hospital other than biscuits, fruit, sweets (all of which should be kept covered)

**PLEASE REMEMBER that space on wards is limited and to support staff to keep the ward clean we must avoid clutter around each bed.**

## **AND MOST IMPORTANTLY**

**Clean your hands before and after visiting your relative using either of the following procedures:-**

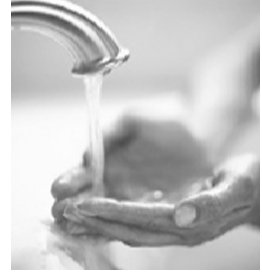
If your hands look clean please use the alcohol hand sanitiser before and after your visit to the ward. The dispensers are situated at the entrance to all wards and at the patient's bedside.

1. Dispense one to two applications of alcohol hand sanitiser into a cupped hand
2. Rub your hands together until they feel dry



If your hands are physically dirty please wash them in the following manner

1. Wet hands under running water



2. Dispense one dose of soap into a cupped hand



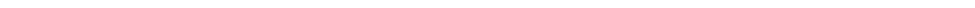
3. Handwash for 15-30 seconds and rub thoroughly, without adding more water
4. Rinse hands under running water

5. Dry hands with paper towel



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**If you or your family require any further information contact the Infection Prevention and Control Nurses on ext. 6639 and 6986.**





# Patient Information Service

If this leaflet does not answer all of your questions, or if you have any other concerns please contact the infection prevention and control nurses on: **01702 43555 ext. 5270, 6639 and 6986**

[www.southend.nhs.uk](http://www.southend.nhs.uk)

For a translated, large print or audio tape version of this document please contact:

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Southend University Hospital   
NHS Foundation Trust