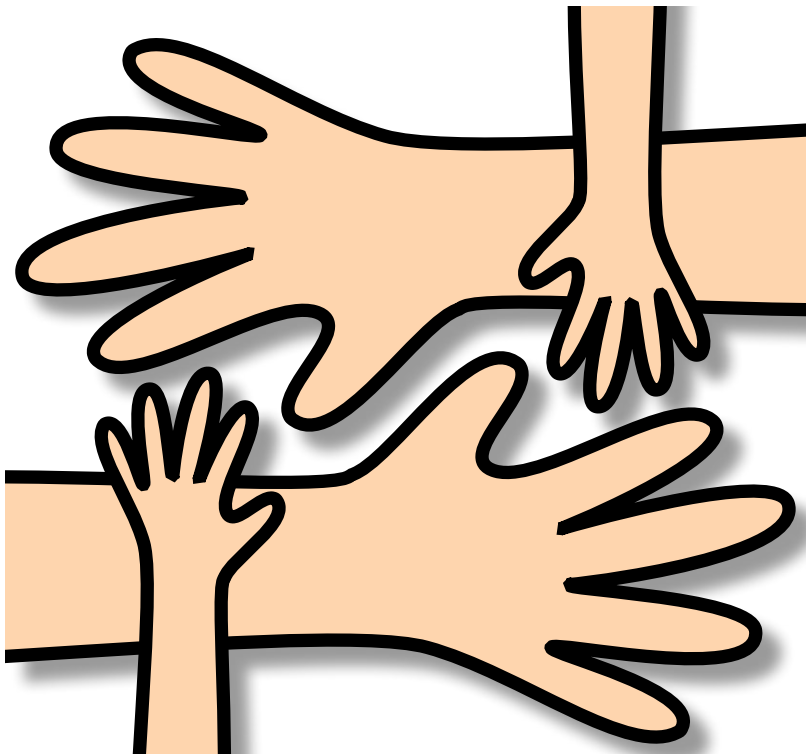


Clean hands matter



HAND HYGIENE INFORMATION FOR PATIENTS AND VISITORS

Clean hands matter

In the health service, staff use an antiseptic solution before and after contact with patients. And yet patients are still infected by bacteria or a virus.

An infection can also be transferred between patients and visitors. If you and your visitors follow the advice given below you will help to reduce the risk of infection spreading in medical facilities.

Wash your hands frequently

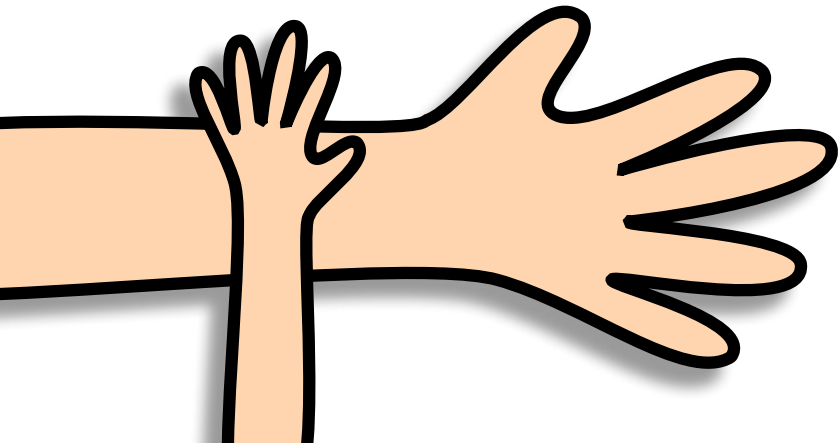
Do as follows:

- 1** Wash your hands with soap and water after using the toilet and before you eat. Always use paper towels to dry your hands.
- 2** Use the antiseptic solution in the container beside the washbasin. Pump twice and carefully rub the solution in until your hands are dry.

Do not be afraid to ask the staff for help if you are unsure!

Remember also:

- Only use the toilets indicated by the staff.
- Do not enter the department kitchen or take materials yourself from the store.
- Inform the staff if you have diarrhoea or if you vomit. Do not receive visitors suffering from a cold or other infection.
- As a visitor you should avoid going to the hospital if you are ill. If you have had stomach problems you should wait until you have been clear for at least two days before visiting.





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