



Shaukat Khanum Memorial Cancer Hospital & Research Centre

NURSING DEVISION

Patient Information

Clean Hands-Saves Lives

(Help to Prevent the Spread of Infection)



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(Help to prevent the spread of Infection)

You may be worried about getting an infection in hospital. Not all infections can be prevented and most can be successfully treated. But it is important to take every step we can to prevent infection spreading. One way to stop infection spreading in hospital is for everyone to keep their hands clean.

What our staff can do to help

Your health and well-being is our staff's priority. They should all clean their hands with soap and water or with hand rub, before and after they touch you, to prevent infection spreading between patients. Staff are happy for you to remind them to clean their hands, before they touch you.



What can you do to help?

Please clean your hands frequently and ask your visitors to clean their hands, when they arrive and before they leave.

Please do not interfere with your:

- Dressings and bandages.
- Urine catheters.
- Drips and other lines into your veins.
- Stitches, clips and drains on any wounds.
- Healing wounds.

Please do not sit on other patients' beds and ask your visitors not to sit on your bed.

QUESTIONS YOU MAY HAVE

How often should I clean my hands?

This depends on your activities. When in hospital, everyone should wash their hands if they have touched another person, or been to the toilet, or before eating anything. Your hands need to be cleaned if you are helping with your own dressings or clinical care.

What should I use to clean my hands?

Soap and water or hand rub can be used. If you are not sure how to use the hand rub, please ask any member of staff.

Please feel free to display this leaflet at your bedside, as a reminder to everyone to clean their hands.

Thank you.