

Hygiene instructions for hospital patients

These instructions include advice on how you as a patient can prevent healthcare associated infections and combat the spread of microbes.

Healthcare-associated infections refer to infections that patients develop while they are receiving treatment or that are associated with a procedure performed at a hospital. Healthcare associated infections include an infected surgical wound, developing pneumonia during treatment, a urinary tract infection or diarrhoeal disease. Healthcare-associated infections are relatively common and may result in prolonged treatment. In some, thankfully rare, cases, the infections can be serious.

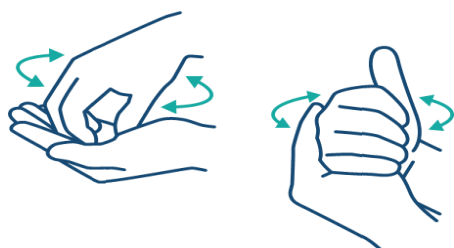
It is important to prevent the spread of bacteria resistant to antimicrobial drugs and viruses that cause respiratory infections and diarrhoea in hospitals.

The most effective way to prevent healthcare-associated infections and the spread of microbes includes using alcohol-based hand sanitizer and avoiding touching not related to care, such as handshaking.

How to use hand sanitizer



Squeeze two pumps of hand sanitizer onto dry, clean hands. Spread the sanitizer all over your hands.



Remember to also apply it on your fingertips and your thumbs. Rub your hands together until they are dry.

Use hand sanitizer every time

- you enter and leave a ward, outpatient clinic or patient room
- after coughing or blowing your nose
- before eating
- after using the toilet once you have first washed your hands with soap and water and dried them
- before and after you self-treat your wounds or handle your urinary catheter or drain-age tube also known as a drain
- after you have had visitors

Other hygienic practices in addition to using hand sanitizer:

- Cough into a tissue or into your elbow. After coughing or blowing your nose into a tissue, place the tissue into a waste container and disinfect your hands with hand sanitizer.
- Avoid any unnecessary touching of catheters, drains or drainage tubes, cannulas and wound dressings. Put any used and dirty wound dressings into a waste container.
- Do not keep any uneaten food on your patient table as expired food can easily cause stomach flu.
- Brush your teeth and dentures twice a day, in the morning and evening.
- Avoid placing your toothbrush and/or dentures on the side of a sink in toilets and showers. If necessary, ask for a separate cup for this. Always store your toothbrush and/or dentures on the patient table or in its drawer.
- Close the toilet lid before flushing.
- Always use running water when washing yourself.
- When the hospital staff treat you, they must sanitize their hands frequently. They do not always need to wear gloves; instead, disinfecting hands with sanitizer is enough in most situations.