Can visitors get infections?

Yes they can. If visitors follow basic precautions, they will protect themselves to a large extent.

Visitors can protect themselves by washing their hands appropriately. Hand washing is the most important action to reduce the risk of spread of infection on the ward or unit. Hand hygiene should be carried out as a minimum:

- When entering the ward or unit
- When leaving the ward or unit
- After helping to take care of you
- After going to the toilet
- Before eating or drinking

Visitors should be asked not to come to the ward or unit if they have any symptoms of an infection.

If you or they have any further questions, please ask a member of staff.

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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NHS
Cambridgeshire and Peterborough
NHS Foundation Trust

Infection control
Advice for patients

Pride in our care

A member of Cambridge University Health Partners

Cambridgeshire and Peterborough NHS Foundation Trust is committed to providing highquality care in a clean and safe environment – this includes helping everyone to understand what we can do together as patients, visitors and staff to help fight infections.

Advice for patients

Healthcare-associated infections can be introduced and spread by staff, patients and visitors - this leaflet explains how you can help our staff to reduce them and provide a clean and safe environment in which to care for you and the other patients.

When you are admitted to hospital, you are no longer in your familiar surroundings and are sharing an environment with other people.

You may be vulnerable to infections because you are unwell or because of your medication. By following the points in the leaflet you can help us to:

Reduce the likelihood of spreading infections.

What will happen if I have an infection?

If you have an infection, you may need to be cared for in a single room, but do not worry - this is to protect you and the other patients.

If this is necessary your nurse will explain to you and your carers and relatives what is happening and why. Please ask about your condition and treatment so you can understand what is happening to you and how you can comply with your treatment.

You can help yourself and others by:

- Always washing your hands after visiting the toilet and before you eat. If you need help, please ask your nurse or another member of staff to help you.
- Keeping your bed space tidy and uncluttered so that cleaning staff can access all surfaces to remove dust easily. Staff or your family or friends can help you with this.
- Telling your nurse or the ward manager if you have any concerns about the cleanliness on the ward.
- Reminding staff about hand hygiene if they forget; don't worry about offending them, it's ok to ask.
- Showering or bathing on a regular basis and changing into clean clothes. If you need help with this, ask a member of staff for help.
- Asking your relatives and visitors to wash their hands when they visit.
- Asking your relatives not to visit if they suspect they have an infection.
- Asking your visitors not to visit in large groups.

If you are worried or unsure about infection prevention and control issues, please ask your nurse or carer to explain them

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