

# Hand Hygiene

Proper hand hygiene with soap and warm water or with use of alcohol hand gel is the single most important thing to help reduce the spread of infections.

- The best way to prevent infection from spreading is good hand hygiene.
- Patients and visitors should use facilities to wash their hands and then disinfect using the alcohol gel from the dispensers.
- Staff members are asked to clean their hands with liquid soap and water or alcohol gel before and after they come into contact with patients and their environment, regardless of whether or not the patients have infections.
- Alcolgel dispensers are wall mounted throughout the wards, there are alcohol dispensers at the foot of most beds, in addition to the entrance to every bay and ward. There are posters and signs around the hospital to remind staff, patients and visitors to keep their hands clean at all times.
- We use continuous hand hygiene training and audits to regularly check that our staff follow proper hand hygiene policy.
- If you are worried about staff members forgetting to wash their hands, please remind them to do so.

The most common way germs are spread is by people's hands. Germs can stay alive on hands for up to three hours. Hands can transmit germs such as:

Campylobacter  
Salmonella  
Norovirus  
MRSA  
Flu