

## Easy read

# How to keep your hands clean

### Keeping you safe



We want to keep patients, staff and visitors to our hospitals safe.



Germs can be on your hands even if they look clean.



Germs can make people sick.



Washing your hands helps to stop germs spreading.



If you have any questions, please ask a healthcare worker.

## When to wash your hands



You need to wash your hands

- when they look dirty



- after using the toilet or changing a nappy



- after sneezing or blowing your nose



- before and after eating



- before and after touching a cut or wound

## How to wash your hands



1. Wet your hands with water.



2. Use enough soap to cover your hands.



3. Rub your hands together for about 20 seconds. Make sure that all parts of your hands are wet and soapy.



4. Rinse your hands with warm water until all the soap has gone.



5. Dry your hands with a paper towel.

## Using hand gel



When you go into or leave a hospital ward, you see a bottle of hand gel.

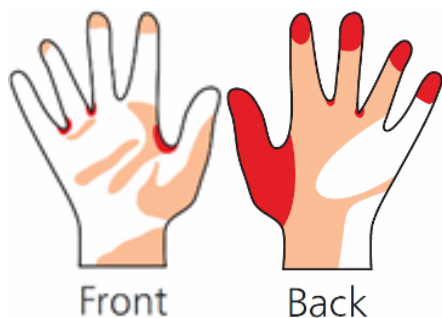


Put some gel on your palm and rub your hands together.



Rub the gel all over your hands. It needs to go

- on your palms
- on your thumbs
- on your nails
- in between your fingers
- on the backs of your hands



The red areas in the picture show where most germs hide on your hands.



Do not wash off the hand gel.



The gel dries on your hands in about 20 seconds.

## Our staff



Hospital staff must wash their hands before and after seeing each patient.



Staff need to keep their nails short. They should not wear jewellery, except for a plain wedding ring.



Staff should wear short sleeves. If they have long sleeves, they should roll them up to the elbows.



If staff forget to wash their hands before touching you, please tell them.



It is OK to remind staff to clean their hands.

# Speak to someone



If you are worried or have questions you can speak to someone.



You can speak to your health team.

# Other organisations



**Mencap** gives support and advice to people with learning disabilities and their families and carers.

**Phone** 0808 808 1111

**Email** [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)



**Hft** is a national charity that supports people with learning disabilities and their families.

**Phone** 020 8447 0541

**Email** [hftlondon@hft.org.uk](mailto:hftlondon@hft.org.uk)