

# How to keep your hands clean



An easy read guide

# Keeping you safe



At Guy's and St Thomas' Hospital, we want patients, staff and visitors to be safe from infection at all times.



Washing your hands properly can help to stop germs and infections from spreading in the hospital.



**Remember:** Even if hands look clean, they can still carry lots of germs, so washing your hands often is important.



If you have any questions, you can speak to one of the nurses caring for you.

You can also speak to the **Infection Prevention Team.**

**Phone: 020 7188 3152**

# When should you wash your hands?

You should wash your hands:



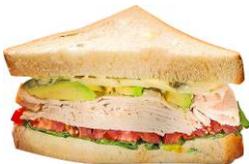
- whenever they look dirty



- after using the toilet or changing a nappy



- after sneezing or blowing your nose



- before and after food



- before and after touching any cuts, plasters or bandages.

# How to wash your hands



**1.** Wet your hands with warm water.



**2.** Put a small amount of soap onto your hands and rub it in.



**3.** Rub your hands together for at least 15 seconds. Make sure that all areas 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 or hand dryer.

You can use the same paper towel to turn off the tap so that your hands stay clean.

## Using hand gel



You should use the hand gel provided whenever you are entering or leaving the ward.



Squirt the hand gel onto your palm and rub your hands together so that the hand gel is all over your hands – even the back of your hands and between your fingers.

Do not wash the hand gel off – it will dry on your hands within 20 seconds.



Front



Back

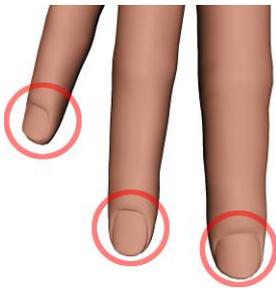
The hand gel should be rubbed into your palms, thumbs, nails, in-between your fingers, and the backs of your hands.

The red areas in the picture show where most of the germs hide.

## Staff need clean hands too



All hospital staff are trained to wash their hands before and after seeing every patient.



Staff's nails should be short and no jewellery should be worn except for a plain wedding ring.



Sleeves should be short and long sleeves should be rolled up to the elbow on wards and in clinic areas.

Would you mind washing your hands first, please?

If you think a member of staff has forgotten to wash their hands before touching you, please remind them.

Staff do not mind being reminded to clean their hands.

## Useful contacts



### **Guy's and St Thomas' NHS Foundation Trust**

**Phone:** 020 7188 7188



### **Patient Advice and Liaison Service (PALS)**

To make a comment or a complaint about the hospital, please call the PALS office.

**Phone:** 020 7188 8801 (St Thomas')

**Phone:** 020 7188 8803 (Guy's)

**Email:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)



### **Knowledge and Information Centre (KIC)**

For more information on health conditions, support groups and local services, please call the KIC.

**Phone:** 020 7188 3416

**Email:** [kic@gstt.nhs.uk](mailto:kic@gstt.nhs.uk)

## More useful contacts



**Mencap** offers support and advice for people with learning difficulties and their families and carers.

**Phone:** 0808 808 1111

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



**Self Unlimited** offers a national support service to help adults with learning difficulties live as independently as possible.

**Phone:** 020 8447 0541

**Email:** [london@selfunlimited.co.uk](mailto:london@selfunlimited.co.uk)