

It's OK to ask

Talking to nurses and doctors about Infection Prevention is the best way to understand the importance of Hand Hygiene.

You should talk to staff if you have any concerns regarding your personal hygiene and well being OR the health of family, friends and visitors.

Nurses and doctors are committed to providing care for you, your family and friends – Infection Prevention through good hand hygiene practices is one of the most important ways to promote high quality care.



Hand Hygiene products including alcohol gels are conveniently placed for regular use.

If you have any difficulty locating a Hand Hygiene product ask any staff member for assistance or directions.



For more information on Hand Hygiene visit www.whiteley.com.au

Or speak to your
Infection Prevention and Control Staff

Contact:

Avoid infection by keeping your hands germ free



Hand Hygiene Saves Lives

A guide for Patients and Visitors

Whiteley
Medical 

One of the most effective ways to promote good health is through good personal hygiene. Help protect your health and the health of your family and friends through good hand hygiene practices.



Hand Hygiene

Hand Hygiene is the term used to describe activities which clean, or remove germs from, hands. This can be achieved by using an alcohol gel such as Bactol or by washing hands with soap and water.

Everyone has germs – some of these germs help us to stay healthy but we can also ‘pick up’ germs from contact with other people and objects in the environment.

Good hand hygiene prevents germs from being spread through touch and hand contact, greatly reducing the incidence of ‘Hospital Associated Infection’. Even the risk of acquiring common illnesses such as colds and tummy bugs can be prevented by ensuring hands remain clean.

Moments of Hand Hygiene

Remembering your moments to keep healthy through cleaning your hands...

- Before you visit family or friends
- Before eating or drinking
- After using the toilet, bed pan or urinal OR changing nappies and sanitary pads
- After coughing, sneezing or using a tissue
- Before entering OR leaving a patient’s room

waterless hand cleansing routine



- 1 Dispense sufficient volume of Bactol Alcohol Gel into hands. Ensure fingertips and fingernails are covered.



- 2 Thoroughly rub product over all surfaces.



- 3 Pay special attention to thumbs and the webbing between the fingers.



- 4 Interlace fingers, cover nails, palms, fingers and backs of hands.



- 5 Allow Bactol Alcohol Gel to dry on the hands.

Infection Prevention & Control

Infection Prevention and Control is also performed by:

- A clean environment – help to keep your personal areas clean and tidy. Staff are committed to create a safe and clean environment for you. If you are concerned about the cleanliness politely inform staff.
- Family and friends should avoid visiting in large groups AND postpone their visits if they have been feeling unwell. If your friends and family have been recently exposed to: influenza, measles, respiratory infections, chickenpox or had diarrhoea, ask to speak with staff before they visit.
- You should encourage your family and friends to follow the nurses’ and doctors’ instructions and adhere to any special actions to prevent the spread of germs.

