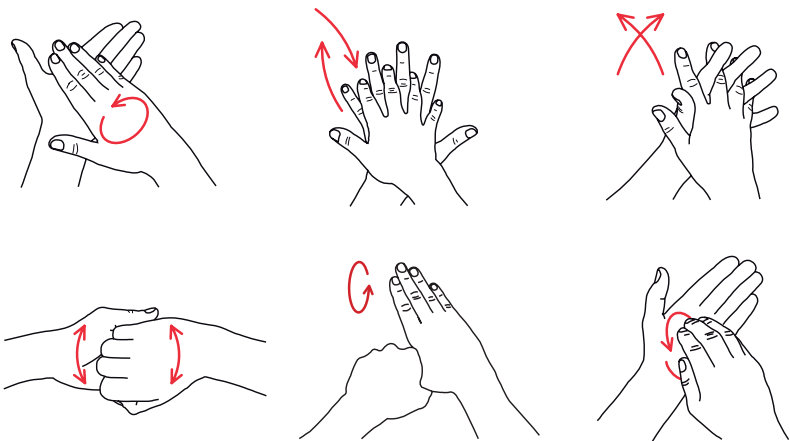


- Wait until your infection has gone before visiting the care home, ie. wait 48 hours after you last had diarrhoea and vomiting.
- Ring the care home for advice if you are unsure if you can visit.

## Where can I find a picture of the best hand hygiene technique?

A poster showing the technique should be displayed at the hand hygiene sinks.



## Where can I get further advice or information?

Speak to the staff or care home manager.

You may also contact the Infection Prevention and Control Team:

Tel: 0113 843 4511

Email: [infectioncontrolleeds@nhs.net](mailto:infectioncontrolleeds@nhs.net)

# Hand hygiene in care homes

Information for residents, staff and visitors



## What are healthcare associated infections?

- They are infections which may be picked up after receiving healthcare or from being in a healthcare building such as hospital or care home.

## Why is it important that I perform hand hygiene in the care home?

- Residents are more at risk of developing infections and are also more at risk of developing more serious infections.
- Good hand hygiene is the best ways to reduce spreading germs and infections to residents, visitors and staff.

## When should visitors and residents perform hand hygiene?

- At the usual times you would wash your hands such as after using the toilet and before eating.
- If you are a visitor who assists with personal care of a resident, perform hand hygiene before and after the care. Ask the staff if you should also wear gloves and apron.



## When are 'the 5 moments' staff should perform hand hygiene?

- 1 Before touching a resident
- 2 After touching a resident
- 3 Before performing a clean procedure
- 4 After performing a dirty procedure
- 5 When coming away from a residents environment such as when leaving the residents room

## When should I use soap and water and when should I use alcohol hand rub?

Use alcohol hand rub, except in the following situations, when liquid soap and water should be used:

- When your hands look dirty or may have body fluids on them (such as urine or faeces).
- When you have been providing care to residents with vomiting and/or diarrhoea.
- If you are suffering from diarrhoea and/or vomiting.



## What should staff and visitors with an infection do?

- If you have an infection which can be passed onto others such as diarrhoea and vomiting or have flu like symptoms, **do not visit the care home.**