

Cleaning your hands in hospital

Clean hands are very important in hospital.

Hands can carry germs that can make you or other people very ill.

Because we use our hands for lots of different things, they can get dirty.

Sometimes, you can't see the dirt and germs.



It is very important to wash your hands:

- After going to the toilet
- Before touching or eating food
- Before and after touching any medical things, like drips or bed pans.
- Before and after touching dressings, wounds or cuts.

If you cannot get out of bed, ask the nurse to bring soap and water.



You will also have a bottle of hand cleanser near your bed. Everybody should use this.

The cleanser kills most germs.



The doctors and nurses treating you should also clean their hands before and after they touch you.






How to wash your hands:

- Wet hands, making sure the water is warm but not too hot.
- Use the liquid soap and rub it between your hands.
- Make sure the soap bubbles go between your fingers, around your fingertips and over your thumbs.
- Wash right up to your wrists.
- Rinse well and dry, using the paper towels or the hot air dryer.



Cleaning your hands – Easy Read

<p>If you or your carer needs help while you are in the hospital, ask one of the nurses to either call the Learning Disability Liaison Nurses on ext 8159 or on mobile number 07879 425 803 or 07500 559177.</p>	
<p>More information for people with learning disabilities and their carers can be found on the Trust website at: www.royalberkshire.nhs.uk</p>	
<p>Also available in this series:</p> <ul style="list-style-type: none">• Getting help in hospital• Going into hospital• Going to the Acute Medical Unit (AMU)• Going to the Emergency Department (A&E)• Having a blood test• Having a general anaesthetic• Having a scan• Having an X-ray• What happens in pre-operative assessment	
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