

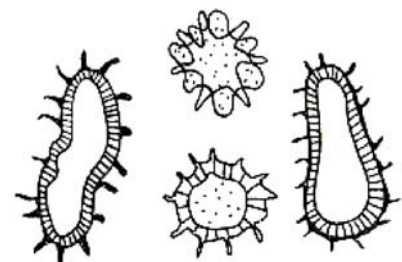
Washing your hands: Keeping yourself and others free of germs in hospital

Hand washing is 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.



Washing your hands – Easy Read

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



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



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

The cleanser kills most germs.



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.



If you or your carer needs help while you are in the hospital, ask one of the nurses to either call the Learning Disability Co-ordinator on ext 8159 or PALS on ext 8338.



More information for people with learning disabilities and their carers can be found on the Trust website at: www.royalberkshire.nhs.uk



Also available in this series:

- Getting help in hospital
- Going into hospital
- Going to the Acute Medical Unit (AMU)
- Going to the Accident & 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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