

Preventing infection together

For Bundaberg, Gladstone, Mackay and Rockhampton patients

Protecting patients from infection is the responsibility of everyone—including staff, visitors and patients. If you have any questions about infection control, our nursing staff will be happy to assist you.

Guidelines for patients

- Please wash your hands/use hand gel before leaving your room and on return to your room
- Wear slippers or shoes whenever you are out of bed
- Remind people entering your room to wash their hands/use hand gel
- Dispose of tissues immediately into rubbish bag. Do not use reusable hankies.
- Tell us about any problems you notice: talk to the nursing staff on your ward
- Shower/bathe daily especially after an operation

Wound care

- Avoid touching wounds or wound dressings.
- Should you need to touch your wound, for example during bathing/dressing, ensure your hands are well washed immediately before and after doing so.
- Some dressings require a protective cover while you shower; some dressings are waterproof.
- If a dressing becomes wet/or is leaking please tell the nursing staff so the dressing

Guidelines for visitors

- **Leave infections at home!** Do not visit if you have an infectious illness that may be spread to others in the hospital.
- **Wash your hands** at the ward hand basins or use hand gel before and after visiting each person. (Do not use patient bathroom basins)

Hand hygiene

- Wash hands well using running water.
- Apply required amount of soap solution to wet hands
- Rub solution over all surfaces of the hands for at least 10 seconds
- Rinse the solution off with running water
- Ensure you dry hands well after each hand wash.
- Avoid touching taps with clean hands - turn taps off with a paper towel or use elbows if lever taps are present.
- **Hand Gel**—Where available, antiseptic hand gel may be used in place of hand washing when hands are visibly clean.

Isolation

Sometimes a patient will have a condition that requires isolation to prevent spread to susceptible people.

Usually this means the patient will be in a private room. Staff may wear gloves, gowns or masks when caring for the patient.

A person who is in isolation will have a coloured sign outside their room along with a "Visitors report to the nurses' station" sign.

Visitors should be kept to a minimum while a patient is in isolation. Visitors may be asked to wear gowns, gloves or masks when in the room. Please ensure all visitors are aware of the isolation requirements. Ask the nursing staff if further explanation is required.

All people entering an isolation room must wash their hands/use antiseptic hand gel immediately before entering the room and immediately after leaving the room.

If visitors are visiting more than one person in the hospital, they should visit the person in isolation last.

What does the hospital do to prevent infections?

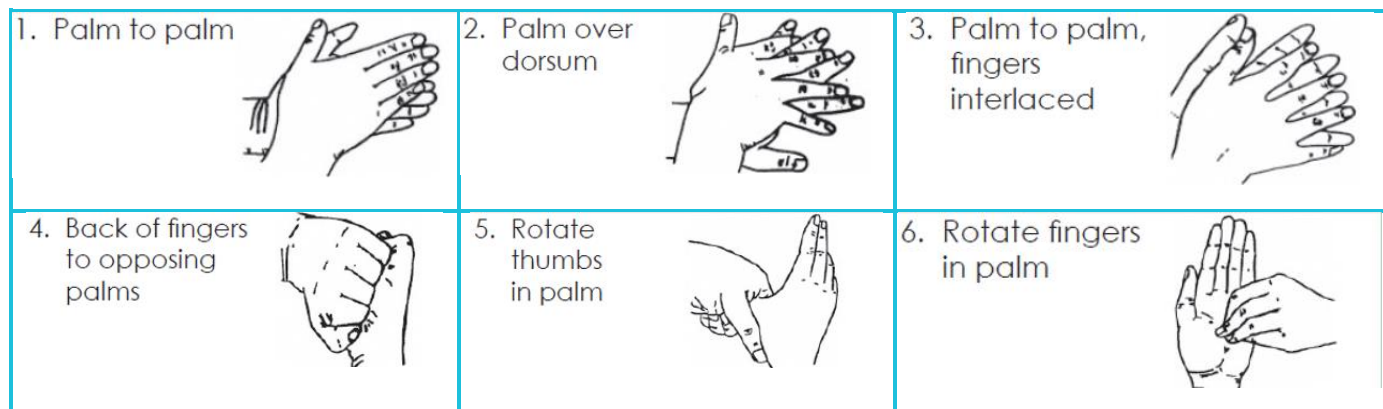
Infection control is part of everything we do!

All staff members are instructed on the importance of preventing spread of infection.

Staff are required to follow Standard Precautions for all patients: This includes hand washing and the use of gloves, protective eye wear, masks and gowns/aprons whenever contact with food, other body fluids or waste is possible.

It is our policy that our equipment, instruments and facilities are cleaned and maintained according to Australian standards and government guidelines.

Effective hand hygiene is the most important step in preventing the spread of infection.



Why can infections still occur?

Hospitals care for many sick people and sick people's defences against infection are often lowered.

Some of the body's normal barriers against infection (for example, the skin) are broken when patients have operations or have tubes inserted as part of their treatment.

Germs that may live harmlessly on your own skin can sometimes cause infection if they contaminate your wounds.

Many normal self-care activities (e.g. bathing, cleaning teeth etc) need to be performed by others for patients in a hospital.

Hands are home to many germs and are a common way in which germs spread.

Quick check

Everyone

- Wash your hands:
 - Before and after eating
 - After using the toilet
 - After touching body fluids
 - After touching waste
 - Before using any drops or lotions
 - After coughing/sneezing/using tissues
- Dispose of tissues immediately into a rubbish bag. Do not use reusable hankies.

Patients

- Please wash your hands/use hand gel before leaving your room and on return to your room.
- Wear slippers or shoes whenever you are out of bed.
- Remind people entering your room to wash their hands/use hand gel.

Wound care

- Avoid touching wounds or wound dressings. Should you need to touch your wound, ensure your hands are well washed immediately before and after doing so.

Visitors

- Do not visit if you are ill or have an infectious condition that can be spread to others during a visit to the hospital.
- Wash your hands before and after visiting each person.
- If you are visiting a person who is being isolated because of infection, please check with the nursing staff before entering the room.

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