

Infection Prevention and Control for VISITORS

As a visitor you can play your part in preventing infection by:

- Staying at home if you have a cold, cough, infection or stomach upset with diarrhoea or vomiting and only visit if you have been free of symptoms for at least 48 hours.
- If you become unwell with signs of an infection while visiting please inform a member of staff before returning home to recover.
- Cleaning your hands before and after a ward visit using soap and water or hand sanitiser. If you are visiting a patient who needs assistance with cleaning their hands please inform staff.
- Following the guidance given by staff or displayed in posters, particularly when visiting patients in single rooms.
- Using the chairs on the wards to sit down, rather than the beds.
- Helping to keep the environment clean by reporting any issues or concerns to the nurse in charge.
- Minimising the items you bring in for your friends or relatives so that domestic assistants can clean around the wards and bed spaces properly.



Infection Prevention and Control for PATIENTS

As a patient you can play your part in preventing infection by:

- Telling us if you or anyone you have been in close contact with has had diarrhoea or vomiting in the 48 hours before your admission or if you've been in close contact with anyone with a known infectious disease such as chicken pox, influenza, COVID-19, mumps etc.
- Telling a member of nursing staff if you have any diarrhoea.
- Washing your hands with soap and water before eating and after using toilet facilities. If you cannot get to the sink then please tell a member of staff as hand wipes are available.
- Reminding your visitors to clean their hands before and after visiting you. They can use the hand sanitiser or soap and water.
- Only bringing in essential items and sending home non-essential belongings because storage is limited. Less clutter makes it easier for our staff to clean around your bedside area.
- Not touching drains, drips, devices or wounds. If a dressing is loose or soiled please tell a member of the nursing staff.
- Asking your visitors to use the chairs on the wards to sit on rather than the beds.
- Telling a member of the ward team if your ward, bathroom or equipment appears unclean.

The Infection Prevention and Control Team at the Norfolk and Norwich University Hospital NHS Foundation Trust provide support and guidance to hospital staff across all our premises on all aspects of infection prevention and control.

If you find any issues around cleanliness or have other infection prevention concerns that you would like to bring to our attention please ask to speak to the named nurse or doctor looking after you or the ward sister who will be happy to help.

More information about Infection, Prevention and Control and the Norfolk and Norwich University Hospital can be found on the trust website



Let's Beat Infection Together

Infection Prevention & Control In your Hospital

A Patients and Visitors Guide

(Including official visitors and contractors)

