

## **Hospital Infection Control Advice for Patients**

### **Together we can fight infection**

Hospital infections could be introduced and spread by anybody. Picking up an infection not only causes additional pain and anxiety, but also results in extra treatment and prolonged hospitalization. To obtain your collaboration which is necessary for reducing hospital infection risks and providing a clean and safe environment for patient care, this information presents guidelines which you could follow to prevent and control the spread of infection, in protection of yourself and vulnerable individuals.

- Always wash your hands before eating, before taking oral medications, or after using the toilet or commode. Please seek help from our nursing staff if necessary.
- Always perform hand rubbing with alcohol-based hand rub, which should cover all surfaces of your hands. In most cases, performing hand rubbing when entering and leaving the ward is an effective way to protect yourself and other patients. However, in cases of viral diarrhoea or vomiting, hand washing is required.
- Wear a mask in the presence of any upper respiratory infection symptoms.
- Keep your room as tidy and clutter-free as possible so that all surfaces and floor areas could be accessed and cleansed properly by our supporting staff. Please seek help from our nursing staff if necessary.
- Do not touch any wounds or take off the dressings yourself.
- Report to the person in charge of the ward if you notice any areas in the wards which are not clean.
- Do not share personal items, particularly toiletries, with other patients.
- Remind your visitors to clean their hands when entering and leaving the ward, and if they have helped you with personal care.
- Notify our nursing staff immediately if you feel physically unwell, especially under viral diarrhoea or vomiting conditions.
- All individuals who enter the hospital premises are required to adhere to the current infection control policy/ measures implemented by the hospital.

Produced by Union Hospital

The above information is for reference only. Please consult your doctor for details.  
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