



Hospital Infection Control Advice for Visitors

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.

1. Make sure you are in good health before visiting

- At least 24 hours before your visit, ensure that you are free of any diarrhoea, vomiting, serious cold, flu or chest infection symptoms, particularly if you will be visiting oncology and haematology patients, or patients of the Intensive Care Unit and Renal Dialysis Centre.
- Cover any open wounds with a clean and waterproof dressing.

2. Identify your contact history with people with infectious disease

Some infectious conditions, e.g. chicken pox, shingles and mumps, may be a problem to patients, especially babies, children, pregnant women or adults with a vulnerable immune system. If you have been in contact with anybody with infectious conditions, it is best not to visit other patients. Please seek help from our staff or your doctor for confirmation before your visit if necessary.

3. Adhere to hand hygiene

Hand hygiene, by hand rubbing or hand washing covering all surfaces of your hands, is the most effective way of preventing the spread of infections. In most cases, hand rubbing performed when entering and leaving the ward, and upon assisting patients with eating, is effective to protect yourself and other patients. However, in cases of viral diarrhoea or vomiting in the ward, or upon handling any body fluid, hand washing is required.

4. Protect your respiratory tract against infection

During your visit to some areas considered of high risk for contracting respiratory diseases, e.g. the Emergency Medical Centre, you are advised to put on a mask and always perform hand hygiene to protect yourself and others.

5. Pay special attention when visiting patients being barrier nursed

Before entering any barrier nursing areas, please check with our nursing staff, in order to prevent the spread of infection from the index patient to other patients, staff or visitors. Always follow the hospital instructions and perform hand hygiene upon leaving.

6. Other advices

- Never touch patients' wounds, drips, tubes etc.
- Perform hand hygiene between every patient you visit. Always visit non-infectious patients first.
- Always supervise children and discourage them from crawling on the floor.
- For any food brought to patients, non-perishable or cooked food items are preferable while all food should be prepared under proper food hygiene.