

Tackling Infections: Put yourself in the picture



Barnsley Hospital
NHS Foundation Trust

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Leaving hospital

Tackling infections doesn't end here. There are things you can do at home to prevent infections.

You may have a surgical wound following your operation. You may still have medical tubes in place. You may have a sore on your skin. If so, you should keep any break in your skin covered with a dressing (a cover to stop germs getting into a wound) to limit the risk of infection.

At home, proper hand washing with soap and warm water is the most important thing you can do to help reduce the spread of infections and help protect you, your family and those around you.



Good general hygiene is important too. You don't have to do any special sorts of cleaning, but dusting furniture, vacuuming carpets and cleaning baths, showers, basins and toilets all help to prevent the spread of infection. Clothes, bedclothes and sheets should be washed as normal at 60° or the hottest temperature for the fabric. Take care not to overload your machine and keep soiled items separate from the rest of your washing.

If you need to change your dressings or touch your wound, you should clean your hands before and after. You must also clean your hands after using the toilet. This is because germs are most commonly passed on by people's hands.

Now that you are leaving hospital, if you have any questions about tackling infections you can contact your GP, your pharmacist, practice nurse, your local social services team or a district nurse and they will be happy to answer your questions. You could also visit the website: www.nhs.uk

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The Six Step Hand Washing Technique

(This process takes around 15-20 seconds)

Firstly, wet hands under running water and apply soap.



1. Palm to palm



2. Right palm over top of left hand and left palm over top of right hand



3. Palm to palm with fingers interlaced



4. Back of fingers to opposing palms



5. Rotate thumbs in palm



6. Rotate fingers in palm

Finally, ensure you dry them thoroughly.