**Prevention of hospital infections in the ward – patient guide**

During hospital treatment a patient may become exposed to bacteria and viruses, which cause diseases. Most of the exposure occurs through hand contact. Flu viruses can also be caught through particles suspended in the air.

By following the instructions below you will be able to prevent the spreading of hospital infections during your treatment in the ward.

**1. Use hand sanitizer gel**

* after visiting the toilet or urinating in the bottle
* after blowing your nose or touching wound discharge or any other discharges
* before eating or making coffee
* when entering or exiting the patient room
* when entering or exiting the ward

**2. During flu**

* cough in a paper handkerchief or against your sleeve
* use a protective mask over your mouth and nose outside the patient room
* stay in your own room

**3. Vomiting and diarrhoea**

* Inform the nurse if you have vomited or had bouts of diarrhoea.
* Do not leave your room before the nurse has given you the permission to do so.

**4. General instructions**

* Intravenous catheters should not be touched. Inform the nurse if your intravenous catheter becomes sore, the area around the base of the catheter turns red or the adhesive bandages holding the catheter become loose.
* Urine catheter must not be touched unnecessarily. The urine drainage bag where the urine catheter leads must stay in a position below your bladder.
* Wounds should not be touched.
* Soiled clothing must be replaced with clean. Clothes must not be placed on the floor.
* Shoes and slippers must be taken off before going to bed.
* Dentures or toothbrushes must not be placed on the sides of the washbasin.

More information: www.terveyskyla.fi/infektiotalo/infektioiden-ehkaisy