

# Infection Prevention and Control

Patient and Visitor  
Information – Easy Read



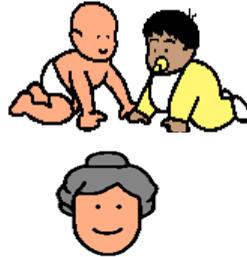
Caring, Learning  
& Growing Together



# *We want to help everybody avoid infections*

**Germs can be anywhere.**

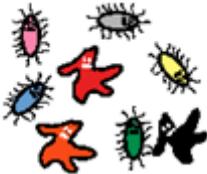
**People most likely to get sick are:**



People having operations

Young people and older people

**How do germs cause infections?**



Germs move from person to person



Touching germs on people, animals or objects

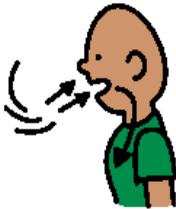


Not washing hands after going to the toilet

## Infections can happen if germs enter the body by:



Swallowing



Breathing



A drip or urine catheter  
(tube)



Wounds or cuts

# How can you help?

Please tell us if you have:



Stayed in hospital

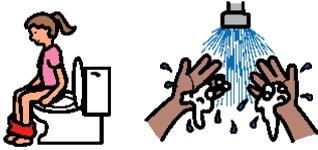


A cold  
(runny nose, coughing)



Sickness or diarrhoea  
(tummy upset)

## If you are in hospital:



Wash your hands after using the toilet



Wash your hands before you eat



Wash and keep clean

## If you are a Visitor:



Don't visit the ward if you are poorly

# How does the NHS help?

We are telling our staff, patients and visitors about:



Training (teaching)



Handwashing



Cleaning

Complaints and Feedback Team  
Humber Teaching NHS Foundation Trust  
Trust Headquarters  
Willerby Hill  
Beverly Road  
Willerby  
HU10 6ED



01482 303930



[HNF-TR.complaints@nhs.net](mailto:HNF-TR.complaints@nhs.net)



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