

Help us to stop germs when visiting patient areas

Things you can do to help us when you visit



East London
NHS Foundation Trust



EasyRead version



Things you can do to help us when you visit



Do not visit when you are not well. Do not come to the hospital until you have been better for 2 days.



Any cuts or sores need to have a plaster or bandage over them.



Always wash your hands:



- after going to the toilet



- after touching dirty bedding



- before you eat or drink anything



- after touching your mouth or nose.



Always use the hand gels at the doors when you go into or leave a ward.



Please do not bring in lots of things to leave round the bed. Please take away any things not needed.



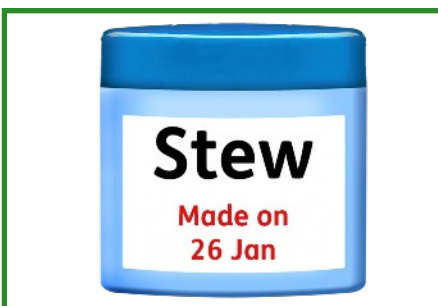
Do not sit on beds. This can help germs to spread.



If you are bringing food in from home:



1. make sure you tell staff you have done this



2. make sure the food is labelled with what it is and when it was made



3. make sure the food is in a container with a lid



4. it is not possible to heat up food on the wards.



Tell staff if you think that there is something we can do to make the patient areas cleaner or tidier.



Tell us about any rubbish or spilt drinks you see. Then we can make sure it is cleaned up.



Any worries? Please ask us. We will try to get an answer for you.



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