

**Papworth Hospital NHS Foundation Trust**  
Papworth Everard  
Cambridge  
CB23 3RE  
Tel: 01480 830541  
Fax: 01480 831315

For more information about Papworth  
Hospital please visit our website  
[www.papworthhospital.nhs.uk](http://www.papworthhospital.nhs.uk)

A member of Cambridge University Health Partners

  
**SMOKEFREE**  
Papworth Hospital is a smokefree site

Large print copies and alternative languages  
can be made available on request.

Papworth Hospital   
NHS Foundation Trust

## Infection, prevention and control

Advice for Estates  
and facilities  
contractors



Author ID: Infection Control Nurse  
Department: Infection Control  
Reprinted: September 2014  
Review date: September 2017  
Version: 3  
Leaflet number: PI 23

© Papworth Hospital NHS Foundation Trust

Hospital infections can be introduced and spread by anyone, including patients and visitors. This leaflet explains what you can do to help us protect yourself and our patients from infection.



### Washing your hands

- Hand washing is the single most effective way to protect yourself and our patients from healthcare associated infections.
- Alcohol hand gel should be used on entering and leaving a clinical area.
- If hands are visibly soiled, hands must be washed using soap and water before entering or leaving a clinical area.
- Please use designated visitor toilets - do not use patient or staff toilets.
- Please do not go into ward kitchens, without seeking prior permission from the senior member of staff on duty.

### Advice for certain infections which could be a risk to patients

- **If you have had diarrhoea and/or vomiting you must not work in the hospital environment until you have been symptom free for 48 hours.** Please inform the Estates manager or departmental manager if you have had symptoms in the past 48 hours.
- **If you have been in contact with chickenpox or shingles in the past three weeks,** please inform the Estates manager, who will contact the Infection, Prevention and Control team (IPCT). You should not enter the Hospital environment until discussion with the IPCT has taken place.

### Accessing site areas

Dust and soil can be harmful to many of our patients:

- Please access work/site area according to Estates manager guidance.
- Do not use ward corridors as thoroughfares/shortcuts unless specifically related to work being carried out.

Thank you for your co-operation.

**The Infection, Prevention and Control Team**