

HAND CLEANING TECHNIQUES

**How to handrub?
WITH ALCOHOL HANDRUB**

1a Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces

1b Rub hands palm to palm

2 Rub hands palm to palm

3 Rub back of each hand with the palm of other hand with fingers interlocked

4 Rub palm to palm with fingers interlocked

5 Rub with backs of fingers to opposing palms with fingers interlocked

6 Rub each thumb clasped in opposite hand using rotational movement

7 Rub tips of fingers in opposite palm in a circular motion

8 Rub each wrist with opposite hand

9 Once dry, your hands are safe

10 Use elbow to turn off tap

11 Dry thoroughly with a single-use towel

12 Your hands are now safe

Adapted from WHO World Alliance for Patient Safety 2006



Infection Prevention Control Team

A simple guide to
Escherichia Coli (E. Coli)

Special thanks to North West Boroughs Infection Prevention Control Team for sharing the information in this leaflet.

Visit our website at: www.bridgewater.nhs.uk

What is E. Coli?

E. Coli is a common bacteria that lives in the intestinal tract of animals and humans.

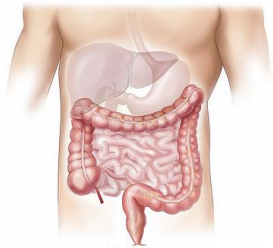
E. Coli can be found in faeces and can survive in the environment.

Although this bacterium lives normally in your intestines, E. Coli have the ability to cause a variety of infections. These include:

- Gastrointestinal disease,
- Urinary tract infection (UTI)
- Bacteraemia (blood stream infections).

There are many forms of E. Coli but for the purposes of this leaflet we will be focusing on urinary tract E. Coli.

Can E. Coli be transmitted?



Most people carry harmless strains of E. Coli in their intestine – known as colonisation.

Person-to-person transmission can occur through the oral-faecal route.

E. Coli can be transmitted to other patients via the hands of healthcare workers, contaminated equipment and environmental contamination.

Good personal hygiene, good hand washing with liquid soap and running water and an increase in fluids often help to prevent colonisation turning into an infection.

What are the signs and symptoms?

- Generally feeling unwell
- Fever / rigors
- Altered mental state
- Reduced mobility
- Headache
- Pelvic pain
- Loin pain
- Frequency in passing urine
- Burning sensation when passing urine
- Offensive smell or colour
- Haematuria (blood in the urine)

How is urinary tract E. Coli diagnosed and treated?

A urine sample is obtained from the patient and sent to the microbiology laboratory for testing.

Patients who are colonised with E. Coli do not generally require any treatment.

Only patients who show signs and symptoms of an infection will be prescribed antibiotic treatment by a healthcare professional.

How can recurring infections be prevented?

Recurring infections can be prevented by:

- Drinking plenty of fluids
- Wiping yourself from front to back when cleaning/washing
- Washing your hands after using the toilet
- Eating a well-balanced diet to prevent constipation.