

## Personal Health and Hygiene

Keeping yourself healthy can help prevent the spread of infection.

### Good hygiene practice

- Wear a clean uniform or work wear daily. Clothing must make it easy to practice good hand hygiene eg short sleeves, (long sleeves, if worn, should be rolled or pushed up to the elbows).
- Tie back long hair when at work.
- Practice good hand hygiene.
- For best practice, staff should ensure they are 'bare below the elbows' eg free from long sleeves, wrist and hand jewellery (other than one plain ring band), when providing direct care to service users and performing hand hygiene.
- To reduce germs, keep nails clean, short, free from nail varnish, false/gel nails and nail jewellery.
- Wear personal protective equipment as appropriate.
- Cover wounds, cuts and grazes with a waterproof dressing to reduce the risk of transmission of infection to both yourself and the service user.
- If you have a skin problem, eg rash or irritation, report this to your manager and seek advice from your GP or occupational health provider as soon as possible.
- Report any illness eg diarrhoea, vomiting or flu to your manager.
- If you have symptoms of gastroenteritis (diarrhoea and/or vomiting) do not return to work until you are symptom-free for 48 hours to reduce the risk of spreading the illness to service users and staff.
- Do not eat, drink, handle contact lenses or apply make up in areas where care is provided.
- Follow COSHH (Control of substances hazardous to health) regulations and handle chemicals with care and follow all health and safety regulations.

### Test your knowledge

<i>Please tick the correct answer</i>	Yes	No
1. Do wounds, cuts and grazes need to be covered with a waterproof dressing?		
2. Should illnesses such as flu be reported to your manager?		
3. If you have had gastroenteritis, can you return to work after 48 hours of symptom free?		

## Remember:

- Staff should be "bare below the elbows" when providing direct care to service users.
- If you have had diarrhoea and/or vomiting, do not return to work until you have been free of symptoms for 48 hours.

<b>Factsheet Activity</b> <i>Please tick appropriate box when activity has been completed</i>	
Contact your manager to find about any vaccinations that may be required in your role.	
Check that colleagues who provide direct care are "bare to the elbows"	