

5. 至手上的消毒液完全干燥

标准防护

医护人员需佩戴口罩、眼罩、手套及防护服。这将有效保护患者及工作人员，防止感染的传播。

特殊防护

患有感染性疾病的患者很容易将细菌或病毒传播给其他患者，特殊防护将有效防止感染的传播，保护其他患者。

- 如果您是传染病或疑似感染的患者，需要特殊防护，医生很乐意为您提供帮助。
- 对于在最近六个月内住院病史患者，鼻腔或直肠拭子培养筛查将帮助我们鉴别并控制医院之间的感染。
- 我们可能根据政府的相关规定对您进行血液筛查，以确保您以及和睦家所有员工的安全

防止您自身被感染

感染可以发生在各种医疗操作过程中。以下措施将帮助您保护自己：

- 经常洗手并正确使用洗手液或快速手消毒液；
- 伤口处敷料变湿或松动时，请及时告知护士；
- 如果您有静脉输液管路，请保持敷料的清洁与干燥。当敷料变湿或松动时，穿刺部位疼痛或渗血时请及时告知护士；
- 尿管或引流管松动或脱落时请及时告知护士；
- 请遵从医生的呼吸治疗意见以防止肺炎的发生；
- 吸烟易导致感染的发生。如果您正准备戒烟，我们的医生很乐意为您提供帮助。值得说明的是，北京和睦家康复医院是一所无烟医院；

- 如果您有糖尿病，请咨询医生咨询血糖的最佳控制方法。过高的血糖将增加您被感染的机会；
- 及时向医生了解您的治疗方案；
- 随时询问您的医护人员是否洗过手；
- 劝阻您生病的朋友不来院探视。同样，您在感觉不适时，请勿来医院探望患者。

遵从这些建议将帮助您早日康复，同时保护他人。



Your Health Is in Your Clean Hands

您的健康来自您清洁的双手



United Family Healthcare  
和睦家医疗



Beijing United Family Rehabilitation Hospital

北京和睦家康复医院

1 North Yaojiayuan 2nd Road  
Chaoyang District, Beijing 100025

北京和睦家康复医院

北京市朝阳区姚家园北二路1号 100025

Tel 电话: +86 (10) 8558 1800

Fax 传真: +86 (10) 8558 1850

Email 电子信箱: bju.rehab@ufh.com.cn

www.ufh.com.cn



Healthcare for Life!

# Infection Control Measures While in the Hospital

## 医院感染控制措施



UFH is China's only healthcare network  
to receive multi-city JCI quality accreditation.  
和睦家医疗集团是中国唯一拥有  
JCI质量认证的连锁医疗机构

### Germ and infection

Beijing United Family Rehabilitation Hospital's (BJURH) Infection Control Department works to keep our patients and staff safe from infection. Germs that cause infection can travel from patient to patient, from patient to staff and visitors, and from staff to other patients and visitors. Here are some guidelines to reduce your risk of infection while you are in this hospital or another healthcare center.

### Wash your hands

The most important way to stop the spread of germs and prevent infection is wash your hands often.

Be sure to wash your hands after you:

- Touch any blood or other body fluids.
- Touch bed pans, dressings or other contaminated items.
- Use the bathroom or bed pan.
- Cough, sneeze, or blow your nose.

And always wash your hands before you eat.

### How to correctly wash your hands with soap and water:

1. Wet your hands and wrists with warm water.
2. Use soap. Work up a good lather and rub vigorously for at least 15 seconds.
3. Rinse your hands well.
4. Dry your hands thoroughly.
5. Use a clean paper towel to turn off the water.
6. Throw the paper towel away.

### How to correctly wash your hand with hand sanitizer:

1. Follow the instructions on the product.
2. Apply the solution to the palm of your hand.
3. Rub your hands together.
4. Cover all the surfaces of your hands and fingers for at least 15 seconds.
5. Wait until your hands are dry.

### Standard precautions

Healthcare providers often wear gloves, gowns, masks, and eye protection. These are standard precautions to protect both staff and patients from germs and to prevent infection.

### Special precautions

Sometimes a patient has an infectious disease or condition that can easily spread to other people. For these patients, healthcare providers use special precautions. If you have a known or suspected infection that requires special precautions, your doctor will be happy to explain further.

If a patient has been admitted to a healthcare facility within the last six months, we may take a swab from his/her nasal or rectal passages in order to identify and isolate the infections that are easily transmitted in a hospital setting.

Blood screening might be done in order to ensure your safety and the safety of our staff, and to comply with government regulations.

### Preventing infection on your own

Infection can occur after many types of medical procedures. There are several things you can do to help protect yourself:

- Wash your hands often and well using soap and water or hand sanitizer

- Tell your nurse if your wound dressing is loose or wet.
- Tell your nurse if your intravenous device is loose or wet, or if the area around your intravenous device is red or painful.
- If you have a urinary catheter or drainage tube, tell your nurse if your urinary catheter or drainage tube is loose or comes out.
- Carefully follow instructions for all breathing treatments to prevent pneumonia.
- If you smoke and need help to stop, please let your doctor know. Smoking can lead to respiratory infections. This is a smoke-free hospital.
- If you have diabetes, talk to your doctor about the best ways to control your blood sugar. High blood sugar can increase the risk of infection.
- Understand your treatment plan. Talk to your doctor if you don't.
- **Please don't hesitate to ask your doctor, nurse, and other healthcare providers if they have washed their hands.**
- Ask your friends not to visit if they feel ill. If yourself are feeling sick, please don't come to the hospital to visit a patient.

Following these instructions will help you recover and protect everyone else in the hospital.



### 细菌与感染

北京和睦家康复医院感染控制部门始终致力于防止感染的传播。感染多由细菌导致，并可经一个患者传播给其他患者、医护人员或参观者，也可经医护人员传播给患者。以下建议将有效降低您在医院内被感染的可能。

### 洗手

洗手是阻断细菌传播及防止感染最为有效的方法。请您务必经常洗手。

以下情况时请务必洗手：

- 接触血液或体液后
- 接触便盆、敷料或其它感染物品后
- 使用厕所或便盆后

如果您咳嗽、打喷嚏或流涕，请经常洗手；进食前也请清洗您的双手。

### 如何正确使用水和洗手液洗手

1. 使用温水润湿双手及腕部
2. 沾取洗手液，双手揉搓至产生泡沫，至少15秒钟
3. 充分冲洗双手
4. 擦干双手
5. 使用清洁纸巾关闭水龙头
6. 将纸巾扔至垃圾筒内

### 如何正确使用含酒精的快速免洗消毒液

1. 阅读产品使用说明
2. 将消毒液挤在掌心
3. 双手相互揉搓
4. 使消毒液覆盖手部所有皮肤，并持续15秒以上