

COVID 19

Infection Prevention and Control Fact Sheet for patients and carers



What is COVID 19?

Coronavirus (COVID-19) is the illness caused by a new strain of coronavirus first identified in Wuhan City, China. It can cause a cough and or a fever/high temperature. Coronavirus can cause more severe symptoms in people with weakened immune systems, older people and those with long term conditions like diabetes, cancer and chronic lung disease.



What are the symptoms of COVID 19?

The most common symptoms of COVID-19 are a new continuous cough and/or a fever/high temperature (37.8 C or greater). You may feel warm, cold or shivery. Some people will have more serious symptoms, including pneumonia or difficulty breathing which might require admission to hospital.



How does it spread?

Because it's a new illness, we don't know exactly how the virus spreads from person to person. Similar viruses spread by droplets in coughs and sneezes.



How can I prevent other people from getting COVID-19?

- You can reduce spreading the infection by:
- Avoiding direct hand contact with your eyes, nose and mouth
- Maintaining good hand hygiene
- Avoiding direct contact with other patients or sharing personal items such as mobile phones
- Covering your nose and mouth when coughing or sneezing with disposable tissues and disposing of them in the nearest waste bin after use

Wash your hands regularly

Wash your hands with soap and water or alcohol sanitiser before eating and drinking, and after coughing, sneezing and going to the toilet.



How is it treated?

Currently, there's no vaccine and no specific treatment for the virus.



What happens if you are diagnosed with COVID 19 while in hospital?

You will be nursed in a single room, or with other positive patients if single rooms are not available.

Staff will wear a fluid repellent face mask, apron and gloves while caring for you.



What about visitors? Are friends and family at risk?

It is recommended that you keep visitors to a minimum and discourage any family members who may be at risk due to underlying health conditions from visiting you.

For more information you or your carer can speak to the nurse looking after you or go to NHS Inform www.nhsinform.scot