

COVID 19

Infection Prevention and Control Fact Sheet for patients and carers



You have been identified as being a contact of a patient who has tested positive for COVID 19



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 a contact of a patient diagnosed with COVID 19 while in hospital?

You will be monitored for any symptoms of COVID 19 for 14 days while you are in hospital



What happens if I am discharged before the 14 days are over?

You need to continue to monitor for symptoms (see symptoms section above) until the 14 days are up. You should be told when that will be by the ward staff on your discharge.

If you develop symptoms you should contact your GP or NHS 24 by phone.



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 please go to NHS Inform. www.nhsinform.scot](http://www.nhsinform.scot)