

## **COVID-19 Positive**

### **Infection Prevention and Control Fact Sheet for patients and carers**



**You have have been diagnosed as being COVID-19 positive.**

### **What is COVID-19?**

COVID-19 is the illness caused by a new strain of coronavirus first identified in Wuhan City, China in 2019.

### **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.
- You may suffer from loss of taste and smell.
- Some people will have more serious symptoms, including pneumonia or difficulty breathing which might require admission to hospital.
- You can also be asymptomatic.

### **How does it spread?**

It spread by droplets when a person coughs and/or contact with a contaminated environment.

### **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
- Maintaining 2 metres social distancing where possible.
- Wear a mask when moving around the ward.

### **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?**

There is no specific treatment for the virus, and there is now a vaccine.

## **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 face mask at all times in the ward and apron and gloves and a visor when carrying out your care.

You will be asked to wear a mask when possible if you move away from the bedside e.g. attending an appointment outside the ward, going to the toilet if you do not have your own bathroom, or leaving your room.

## **What about visitors? Are friends and family at risk?**

Visiting may be restricted to essential visitors only depending on Government advice. All visitors will be asked to perform hand hygiene both on arrival at the ward and when leaving the ward, wear a face covering and maintain 2 metres social distancing from other patients and visitors.

## **Advice on discharge.**

When you are discharged the nursing staff should inform you on how long you need to self-isolate at home. The current guidance is 14 days after the first day your symptoms started/you had a positive result.

Household isolation means that you and all your household members shouldn't go to work, school, public areas or use public transport. You shouldn't go out to buy food or other essentials.

Vulnerable family members should spend as little time as possible in shared spaces such as kitchens, bathrooms and sitting areas.

If others in your household develop symptoms within 14 days of your symptoms starting/positive result, they need to contact NHS inform and arrange for testing and to stay at home for 10 days from the day their symptoms started.

**For more information you or your carer can speak to the nurse looking after you or go to NHS Inform [www.nhs.inform](http://www.nhs.inform)**