

COVID-19 Contact

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?

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 or smell.
- Some people will have more serious symptoms, including pneumonia or difficulty breathing which might require admission to hospital.
- You may be asymptomatic.

How does it spread?

It is spread by droplets when a person coughs and/or has 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 when moving around the ward.
- 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 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 after your first identified contact while you are in hospital.

Staff will wear a face mask at all times in the ward and apron and gloves while caring for you.

You will be asked to wear a mask when 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 on arrival and when leaving the ward, wear a face covering and maintain 2 metres social distancing from other patients and visitors. In some situations visiting will be stopped where the ward is closed due to an incident / outbreak

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

When you are discharged the nursing staff will inform you on how long you need to self-isolate at home. The current guidance is 10 days after the first day of your contact with a positive case.

During isolation, you should physically distance yourself from other exposed people in your home.

Others in your household do not need to isolate as long as they have no symptoms. If you haven't developed symptoms after 10 days you can come out of isolation but should continue to follow physical distancing measures

If you or any other household members develop symptoms as listed above contact www.nhsinform.scot for further advice.