

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 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 is 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 without decontaminating your hands first.
- 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, disposing of them in the nearest waste bin after use and cleaning your hands.
- Maintaining 2 metres social distancing where possible.
- Wear a mask, provided by the nursing staff, at your bedside, when moving around the ward and when staff are working with you if you are able.

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 COVID-19 treated?

Your doctor will discuss any treatment options with you.

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 in a shared bay/ward. Staff will wear a face mask at all times in the ward and apron, gloves and a visor when carrying out your care.

You will be asked to wear a mask at all times at your bedside, when going to the toilet if you do not have your own bathroom, whilst staff are working with you or when you are leaving your room to attend an appointment outside the ward. If you are nursed in a single room you will be asked to put on your mask if anybody enters the room.

What about visitors? Are friends and family at risk?

Visiting will be essential visitors only. 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.

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 10 days after the first day your symptoms started/you had a positive result. If you are discharged home before the 10 days have been completed, you should continue to self-isolate until the 10 days are up. If your family members are fully vaccinated they can take daily LFD tests instead of self-isolating. Fully vaccinated means you've received 3 doses of an approved vaccine at least 14 days before you last saw the person who tested positive.

Household isolation means that you 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.

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