

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 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 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 then cleaning your hands.
- Maintaining 2 metres social distancing where possible when moving around the ward.
- Wear a mask provided by nursing staff at your bedside and when staff are working with you and when moving around the ward where possible.

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?

If you develop symptoms and test positive your doctor will discuss treatment options with you.

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 10 days after your first identified contact while you are in hospital, this will include regular testing whilst an inpatient.

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

You will be asked to wear a mask at all times at your bedside/ when staff are working with you, when going to the toilet if you do not have your own bathroom or 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.

What happens if I am discharged before the 10 days are over?

When you are discharged the nursing staff will inform you on how long you need to self-isolate at home.

If you are a contact who is fully vaccinated, you 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 were identified as being a contact of a positive case

If you are a contact who is not fully vaccinated, you should self-isolate for 10 days

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