

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 common symptoms of COVID-19?

- 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.

What is expected of me when visiting relatives at Ardgowan Hospice?

Visitors and/or contractors will be screened using these screening questions on COVID-19 before leaving the reception area, prior to entering the building.

- Have you had the recent onset of a new continuous cough?
- Do you have a high temperature?
- Have you noticed a loss of, or change in, normal sense of taste or smell?
- Have you returned to the UK from overseas in the last 14 days?
- If the visitor and/or contractor has any of these symptoms, however mild, they should return home and reschedule their appointment

If safe to visit your relative, you will be asked to complete Test and Protect paperwork.

- Remember to minimise social interaction with others in the few days that you are visiting Ardgowan Hospice.
- Please refer to Visiting Guidance on website

You can reduce spreading the infection by:

- Wearing a mask
- 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, keys and pens
- 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

What happens if patient is diagnosed with COVID-19 whilst in Ardgowan Hospice?

- Patient will be nursed in a single room
- Staff will wear a face mask at all times in the ward and will wear an apron, gloves and a visor when carrying out patient care
- Patient will be asked to wear a mask, when possible, if you move away from the bedside e.g. if you need to leave your room
- Staff will advise on Visiting Guidance for relatives of patients with COVID 19

Advice on discharge

- It is essential that you carefully consider travel arrangements when it is time for you to return home as it is recommended that this would need to be by private car (not public transport).
- 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