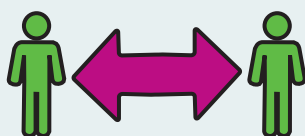


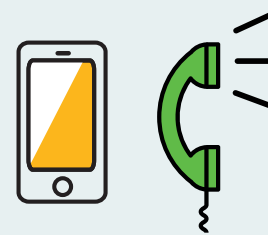
# Coronavirus

## What the Government says

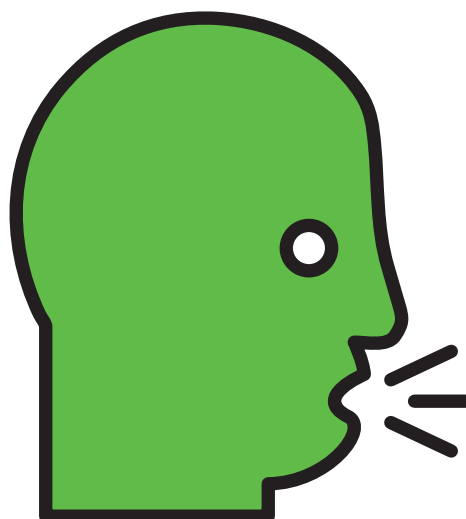
The Government has introduced social distancing rules which are reviewed and changed on a regular basis. Staff will keep you updated.



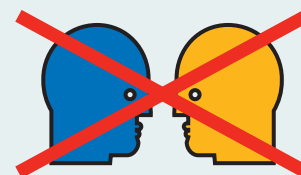
You can phone or video call your family. Just for now we need to restrict visits. We are keeping this under review.



People are not allowed to be together in large groups.



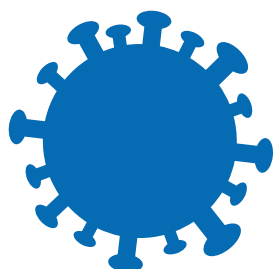
If someone gets poorly they have to self-isolate - this means staying away from people.



### It is really important to:

- wash your hands frequently
- not touch each other
- do not share e-cigs or cigarettes
- maintain 2 meter distance from each other

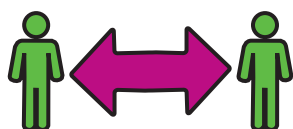
With **all of us** in mind.



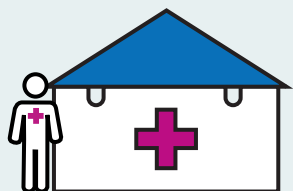
# Coronavirus

## Social distancing

To slow down the virus one of the things we need to do is something called social distancing.



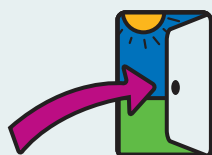
Social distancing is when we all stay away from groups of other people as much as we can.



Nurses and other people who look after you still need to come into work if they are well. But when they are not at work they still have to keep away from groups of people as much as possible.



Social distancing means that lots of things have to change for everybody, not just patients in hospital.



For patients in hospital this means that you may not be able to have as much leave as you used to.

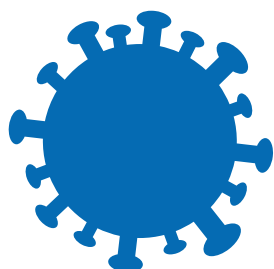


When staff aren't at work they will be staying at home too. They will only be leaving their houses for important things. Lots of events like weddings and parties have been cancelled.



If we stay at home or in the hospital as much as we can this will help to slow down the spread of Coronavirus.

With **all of us** in mind.



# Coronavirus

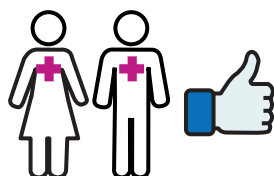
## What we're doing



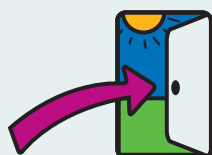
We know that you will be upset about not being able to go out for as much leave. We know that for some people keeping busy is very important for their mental health.



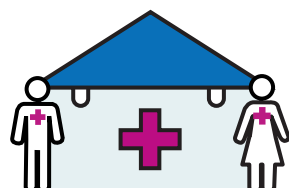
We want to try and make the wards as happy and as safe as possible while we are dealing with the Coronavirus.



We know that you will be worried about there not being very many nursing staff here to help you or do activities with you. The therapy team are still available on the wards.



We will try and get you out for walks as much as we can.

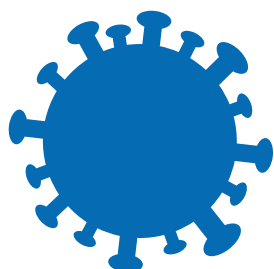


There may be staff that you are not used to on the ward, as staff from other areas are coming to support the wards during this time.



Government rules are changing regularly. We will keep doing all we can to keep you safe while you are on the ward. We will let you know if there have been any changes to plans as soon as we can.

With **all of us** in mind.



# Coronavirus

## What you can do to help



Please try to stay calm and listen to the staff



Remember that we are all in this together and the changes are upsetting and worrying for us all.



Think about things you can do on the ward to keep busy. Try to find activities you can do on your own that you enjoy.



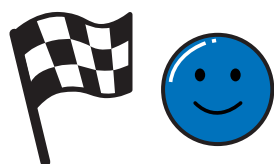
Don't get annoyed or angry with the staff, we are trying our best to help you and keep you safe.



Don't get annoyed or angry with other patients, they might not understand. Try to help them understand or offer them an activity to do with you.

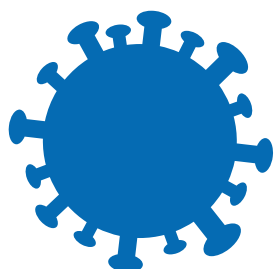


Work as one a big team with all the patients and staff.



Remember that this will eventually come to an end and things will go back to normal.

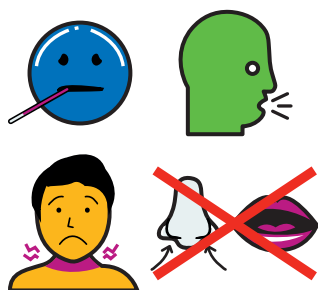
With **all of us** in mind.



# Coronavirus

## What if someone has symptoms?

### The main symptoms of the Coronavirus are:



- Fever
- Persistent dry cough
- Sore throat
- Loss of smell AND taste
- Headache – if the headache is abnormal for the individual
- Stomach ache OR diarrhea
- Flu like symptoms e.g. shakes, shivers, fatigue and/or aches
- Chest pain, such as feeling of a heavy weight on chest



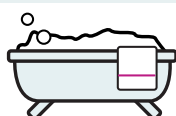
We are testing people on admission to hospital to check if they have coronavirus. We are also testing anyone with symptoms of the virus.



Other service users may be spending their time in their bedroom and eating their meals in there too.



The staff will have to wear face masks, gloves and aprons when we go in to care for someone with the virus. This might look a bit scary but it's to keep everyone safe.



The ill patient will have designated shower and bath facilities to use.



Please don't talk about them not being well as we need to respect their dignity and privacy.



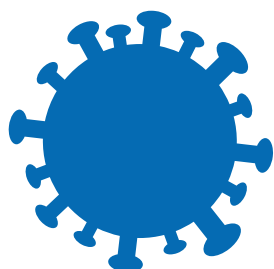
If someone becomes unwell, that does not mean you will become unwell too so please don't worry.



### To help you can make sure you keep:

- washing your hands often
- covering your mouth and nose with a tissue when you cough or sneeze
- do not share e cigs or cigarettes

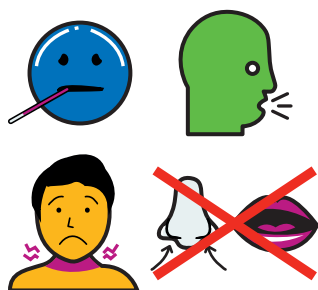
With **all of us** in mind.



# Coronavirus

## What will happen if I show symptoms?

### The main symptoms of the Coronavirus are:



- Fever
- Persistent dry cough
- Sore throat
- Loss of smell AND taste
- Headache – if the headache is abnormal for the individual
- Stomach ache OR diarrhea
- Flu like symptoms e.g. shakes, shivers, fatigue and/or aches
- Chest pain, such as feeling of a heavy weight on chest



We will carry out a coronavirus test. This involves swabbing inside your nose and throat so we can take a sample.



Please don't worry, we will take really good care of you and check blood pressure, heart rate, breathing and temperature often



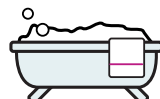
You may need to stay in your bedroom.



You might have your meals in your bedroom.



You can still do activities in your room



You will have designated shower and bath facilities to use .



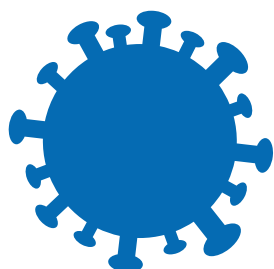
The staff will have to wear face masks, gloves and aprons when we come into your bedroom. This might look a bit scary but it's just for safety.



### To help you can make sure you keep:

- washing your hands often
- covering your mouth and nose with a tissue when you cough or sneeze

With **all of us** in mind.



# Coronavirus

## Common questions answered



### Why is it safer to go for a walk in the hospital grounds but not in the community?

There are not as many people around the grounds, that means there is much less chance of spreading or catching the virus.



### Can I catch the virus from staff dealing with other patients who have symptoms?

No, the staff are wearing lots of special protective clothing and washing their hands lots to try and make sure that doesn't happen.



### Is everyone going to die?

No, absolutely not! Most people who have had coronavirus say it's like a bad cold. Most people make a full recovery after about 10 days.



### How long will it take for things to get back to normal?

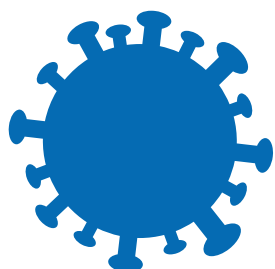
The experts are working with and advising the government on a plan to return the country back to normal. This may take a while. We will keep you updated.



### Why are the government closing everything and telling people to stay at home?

The government talk to experts who know how viruses work and how to slow them down so that they can keep more people safe. Whatever the experts say is what the government will do. They do not want to scare people. They know people will be worried. But if you follow what they say, there is no need to worry.

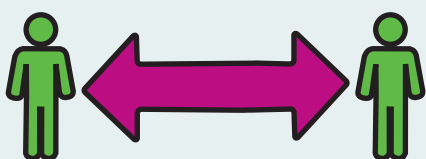
With **all of us** in mind.



# Coronavirus

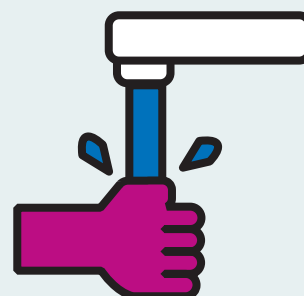
## Things we can all do

Try not to sit too close to each other



Wash our hands more often

Especially when we leave the ward and return, before our meals and when we have been to the toilet



We will not touch each other – no handshakes or even fist bumps.

