

Keeping well on the ward

Coronavirus (COVID-19)

Coronavirus disease (COVID-19) is an infectious disease. We want to slow down and prevent the spread of COVID-19 and protect you and others from infection.

We need you to:

- Tell staff if you have been in contact with someone who is unwell
- Tell us if you feel hot or breathless or have a cough
- Keep two metres or three steps away from other people on the ward
- Sneeze or cough into a tissue and throw the tissue in the bin. If you don't have a tissue, use your sleeve and then wash your hands afterwards
- Wash your hands regularly with hot water and soap. Make sure you spend 20 seconds washing them each time
- Use hand sanitiser to keep your hands clean
- Do not touch your eyes, nose or mouth if your hands are not clean.

We will:

- Wash our hands more frequently
- Carry out extra checks, like taking your temperature
- Wear special clothing if we need to, like gloves, aprons, and head and feet coverings
- Take care of people in separate parts of the ward if we need to
- Make changes to activities on the ward if we need to; this may include arrangements at mealtimes
- Work with carers and families so they know about changes to our services.