

## Contact us

You can contact our team/service in any of the following ways:



Please contact the team or ward for more information or ask to speak to your Care Co-ordinator.



You can find more information by visiting



[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

If you would like this information in a different language or format, including Easy Read or BSL, please contact [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

如果您想要將本信息用其他语言或格式显示，请联系 [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Heke hûn dixwazin ev agahdariyê di zimanek cuda an formatê bixwazin kerema xwe ji [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net) re têkilî bikin

Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵੱਲੋਂ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਖਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

**NHS**

Derbyshire Healthcare  
NHS Foundation Trust

# Keeping you well on the ward

Coronavirus (COVID-19)

Information for patients, carers and  
families



## Coronavirus (COVID-19)

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus and how it spreads to protect yourself and others from infection.

### Keeping you well on the ward

**Most importantly, if you start to feel unwell please make sure you tell a member of staff.  
If you have a dry cough or feel hot or breathless, please tell someone.**

We want to ensure that we care for you to the best of our ability during this uncertain time. We thought it would be helpful for you to understand what it will be like whilst you are an inpatient.

### What will be different on the ward

- You will see staff washing their hands more frequently, using soap and water
- Staff may have to wear gloves, aprons, masks and head coverings when caring for you or other patients
- If you are poorly you may be asked to move into a separate part of the ward to be cared for away from other patients
- Staff will need to do physical observations or check on you more regularly
- Staff are there to support you, however they may take a little longer than usual to do things

- Regular activities on the ward may change and this may include arrangements at mealtimes. Staff will explain this to you
- You may see different staff working on the ward.

### Patients, carers and families What you can do to help

- Tell staff if you have been in contact with someone who has recently travelled abroad or has become unwell
- It is important you stand two metres or three steps away from other people on the ward
- When you cough or sneeze please use a tissue to cover your mouth and nose then throw this in the bin. If you don't have a tissue use your sleeve not your hands. Please wash your hands afterwards
- Washing your hands more than usual for 20 seconds with soap and water is very important
- Use hand sanitiser to keep your hands clean
- Do not touch your eyes, nose or mouth if your hands are not clean
- You will be encouraged not to share your belongings with others
- You will be asked to keep in touch with people as much as possible by telephone
- Visits to the ward will be limited. Carers and family members must not visit if they are not well or have spent time with people who are unwell. Visiting arrangements may need to be changed. Staff will keep you up to date.