Preventing the spread of coronavirus (COVID-19)

Infection Prevention

Information for Patients

Introduction

Coronaviruses are a family of viruses that often cause symptoms like those of the common cold but sometimes they can cause more serious infections.

SARS CoV-2 is a new strain of coronavirus first seen in Wuhan City, China in 2019, which can affect your lungs and airways. The illness it causes is called COVID-19.

How is coronavirus spread?

COVID-19 spreads from person to person mostly through coughing.

Touching surfaces contaminated by droplets from coughs, and then putting your unwashed fingers in your mouth, nose or eyes, can also lead to infection.

What are the symptoms of COVID-19?

Many people with COVID-19 have mild or no symptoms of infection. Those people who are more unwell can have one or more of the following symptoms:

- a new ongoing cough
- a high temperature
- shortness of breath
- loss of, or a change in, your normal sense of taste or smell (anosmia)

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

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How do I avoid catching or spreading viruses?

There are things you can do to help stop viruses, like coronavirus, from spreading:

Do:

- stay a safe social distance away from others.
- Cover your face with a surgical face mask or cloth face covering.
- wash your hands often with soap and water for at least 20 seconds, especially after being in a public place. If soap and water is not available, use an alcohol based hand sanitiser containing at least 60% alcohol.
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- put used tissues in the bin straight away, and wash your hands afterwards.
- always wash your hands when you get into work, and when you get home.
- clean frequently touched surfaces every day, including kitchen countertops.

Don't:

- touch your eyes, nose or mouth if your hands are not clean.
- have close contact with people who are unwell.

What can I expect if I am admitted to hospital with COVID-19 symptoms?

The treatment for someone with COVID-19 is the same as for any other serious viral chest infection.

If you are thought to have an infection that could be spread to others, you may be cared for in a single room (isolation) or in a dedicated bay in a ward (cohort area).

What screening test will I have?

You will have a nose and throat test to check if there are any viruses that could cause an infection. All patients having an overnight stay will have the test.

The test may be repeated if you stay in hospital for more than 1 or 2 days, even if you do not have any symptoms of COVID-19.

You may also need to have a test if you were exposed to another patient that is positive.

How will the test be taken?

A swab (similar to an absorbent cotton bud) is rubbed around your throat and then your nose.

The procedure only takes a few seconds and is usually painless, but can be uncomfortable.

What happens next?

Your swab sample will be sent to the laboratory for testing; it can take up to 12 hours to get a result. During this time you may have to stay in a single room or in a cohort bay with other patients who are also waiting for their test results. This is so we can prevent the virus from spreading to others.

If you have a positive result, hospital staff will tell you what will happen next. If you are to be sent home, this will include advice on self-isolating at home.

What treatment might I need?

Treatment is aimed at reducing your symptoms and helping you breath. Depending on your illness, where needed it may include:

- medication to lower a fever and reduce pain.

- oxygen to help you breathe.

- making sure you drink lots of fluids; this may be given through a vein (intravenous drip) if you are unable to drink.

- lots of rest.

Antibiotics do not work against virus infections such as COVID-19. You will only be given antibiotics if there is a strong possibility that you also have a bacterial infection.

Some patients may develop severe COVID-19 symptoms and need treatment in an intensive care unit, which may include passing a tube through your mouth to your windpipe and a machine (ventilator) to help you breathe.

Visiting an Outpatient Department

You will be expected to wear a face covering (which covers your mouth and nose) at all times while in our hospitals. If you do not have one please speak to the nearest reception or a member of staff.

Contact details

For further information or advise, contact the Infection Prevention Team on 0116 258 5448.

If you have any questions, write them down here to remind you what to ask:

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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk

LEICESTER'S RESEARCH

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