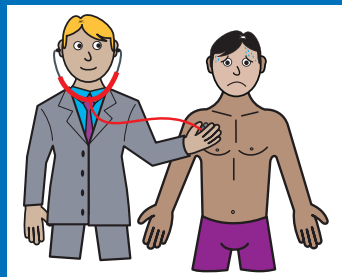


# Being cared for in isolation



The Nurses or Doctors have checked you and think that you have coronavirus or COVID-19.

You need to stay away from other service users to stop the virus spreading.

## Here are some things you may be asked to do



You may be asked to stay in your room, move to another part of the ward, or move to another ward.



Please only use the toilet and bathroom that you are asked to use.

We will clean the toilets and bathrooms after each person has used them.



Please let us check on you more regularly than normal.

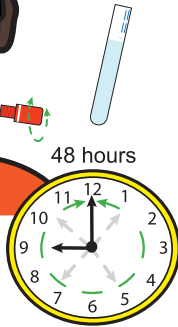
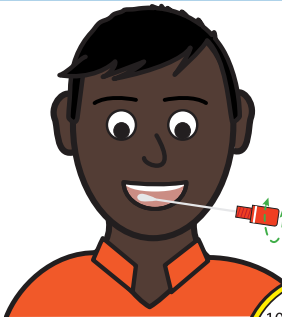
Most people only experience mild symptoms and recover.



If your symptoms get worse, a doctor will see you and you may need to go to a general hospital. Staff will always be available to support you and answer your questions.

# Being cared for in isolation

## Being tested for Coronavirus or COVID-19



We will ask you if we can take a swab from your mouth and from your nose. This is like a big cotton bud.

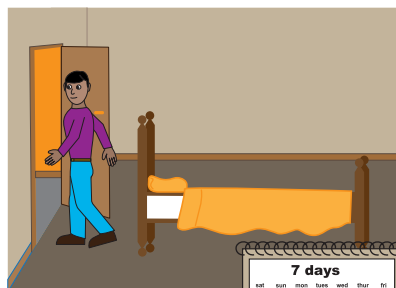
This may be a bit uncomfortable.

We will get the results back within 2 days.



If the test shows that you have coronavirus, you will need to stay away from other service users for 7 days from the first day you became poorly.

This may be longer if you still have some signs of been poorly.



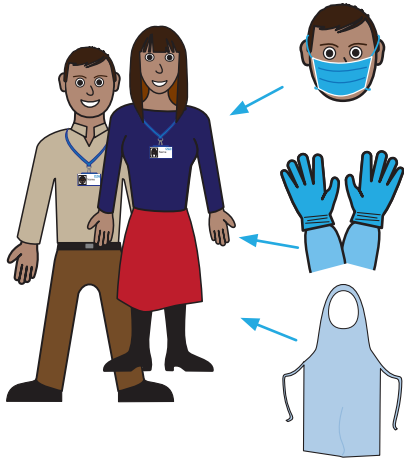
Once you are not showing any signs of been poorly you can be cared for on the main ward again.



If your test shows you **do not** have the virus you can go back to the main ward.

# Being cared for in isolation

## Keeping everyone safe



Staff will be wearing protective clothes.

This is called **Personal Protective Equipment** or PPE.

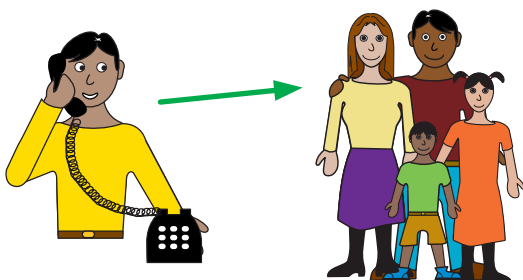
Protective clothes help stop the virus being spread to other people.



The number of staff who work with you might be different if there are more people who are poorly.



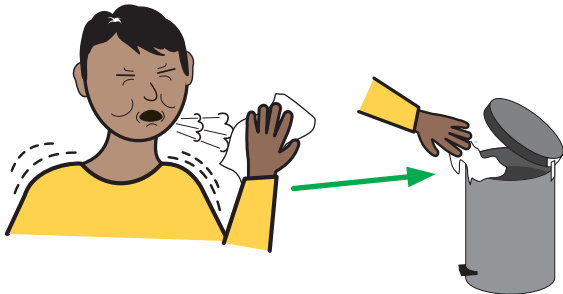
We will try to let you have breaks for fresh air, but this will take more time to plan.



We will let your family members know that you might have the virus and are being looked after in isolation.

# Being cared for in isolation

**Remember**  
to help stop the spread of the virus



Please use **tissues** for coughing and throw it the **bin straight away**.

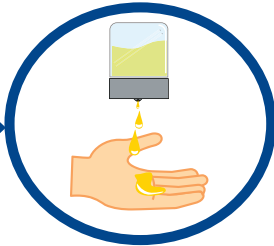


**Wash your hands regularly,**  
**for at least 20 seconds at a time.**

**1. wet your hands with tap water**



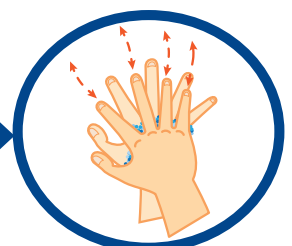
**2. apply enough soap to cover all your hands**



**3. rub hands palm to palm**



**4. rub back of hand and between fingers**



**5. rub palm to palm between fingers**



**6. rub with backs of finger**



**7. rub each thumb cupped in other hand**



**8. rub tips of fingers in each palm**



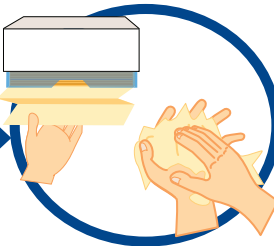
**9. rub each wrist**



**10. rinse hands with water**



**11. dry hands with a paper towel**



**12. throw paper towel in the bin**

