

**Best Practice: How to hand wash step by step images**  
**Steps 3-8 should take at least 15 seconds.**



Adapted from the World Health Organisation / Health Protection Scotland

## COVID-19

### INFORMATION FOR PATIENTS

Coronaviruses are common across the world. Typical symptoms of Covid-19 include fever and a cough. Most people will experience mild symptoms but some people may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Generally speaking, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer or chronic lung disease.

### What are the symptoms of someone infected with Covid-19?

Common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. Most symptoms for most people will be mild. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

### Why am I being screened for Covid-19?

Covid-19 is transmitted from person to person, after close contact with someone with Covid-19, for example, in a household workplace, or health care centre.

### When and where will I be screened for Covid-19?

You will usually be screened when you come into hospital/unit. This means you will be nursed in a cubicle ideally and/or bay until the swab results are returned. We will also repeat this screen at day 5-7 of your admission should you remain an inpatient. We may also repeat the screen to plan your discharge especially if you are being discharged to a residential care facility.

## How will I be screened for Covid-19?

We can find out if you are positive for coronavirus, using a swab of your throat and nose. A swab is a cotton bud which is placed on the area to be tested. The test is painless though can be uncomfortable but only takes a few seconds.

## When will I get the results from the swabs?

Your swabs will be sent to a laboratory, which tests them for Covid-19. The results can come back on the same day if a rapid screen has been requested but must come back within two days.

## What happens after I have been screened?

If you are found to be positive for Covid-19 you will remain in isolation until 14 days have elapsed or longer if you remain unwell and/or are immune-compromised. In some cases you might be re-tested to check your current status. Staff will need to wear personal protective equipment (PPE) when providing care: gloves, aprons, masks and visors even if you do not have symptoms.

Dependent upon your treatment and where you are being nursed some staff providing care may be required to wear additional PPE to what is listed above including a gown and a different face mask/respirator. This is not intended to cause alarm but is in line with national guidance to keep you, other patients and staff safe.

Face coverings and face masks are additional measures to keep people safe while in our hospitals, however social distancing and good hand hygiene practices are still the most important ways to keep you and those around you safe.

With that in mind, we would ask that you do the following:

## HANDS, FACE, SPACE

- regularly wash and/or sanitise your hands.
- wear a face covering or mask when in our hospitals
- keep 2 metres between you and other people where possible

## HAND HYGIENE

It is important that hand hygiene is performed to reduce the risk of picking up COVID-19 from surfaces.

When entering the hospital you should wash your hands with soap and water or an alcohol hand gel.

You should increase the times you wash your hands more often, especially:

- when you arrive in the hospital
- after you blow your nose, cough or sneeze
- before you eat or handle food
- after touching a surface

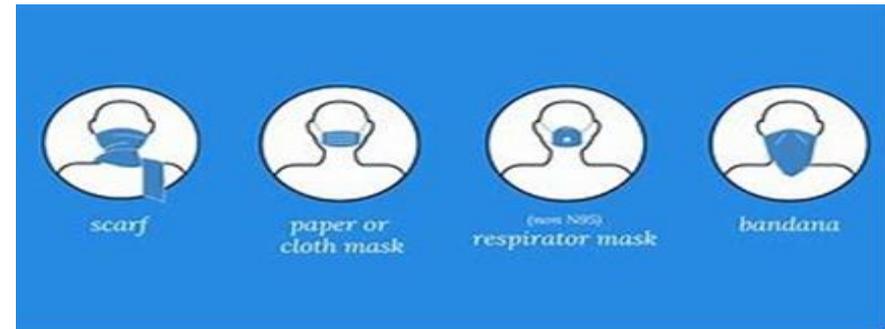
A guide to effective hand washing is on the rear page of this leaflet.

## SOCIAL DISTANCING

It is important that you keep 2 metres apart from people whilst in the hospital (not required if household contacts)



Avoid close contact, when possible, with anyone showing symptoms of respiratory illness, such as coughing and sneezing.



## FACE COVERINGS IN OUR HOSPITALS

In line with Government guidance, from **Monday 15 June 2020** we asked patients and members of the public to wear a face covering at all times when visiting our hospitals, this is still required.

Patients and members of the public may wear a face mask if they choose, but a face covering is sufficient.

Wearing a face covering will help to limit the spread of COVID-19, and protect others from the virus.

For the face covering to be effective, please be aware that:

- it should **cover your nose and mouth** while allowing you to breathe comfortably (do not cut holes in it)
- you should **wash your hands** with soap and water **or use alcohol hand gel** before putting the mask on and taking it off.
- You should **avoid touching the front or the inside of the covering**, and handle it by the ear loops or ties
- when wearing the face covering, you should **avoid touching your face** at all times.
- Face coverings should be at least 2 pieces of material

Ref: HEY1179/2020

## Do not forget, Hands, Face & Space.

- **Wash Hands – keep washing your hands regularly**
- **Cover face – wear a face covering in enclosed spaces**
- **Make space – stay at least 2 metres apart or 1 metre with a face covering or other precautions**