

Coronavirus (COVID-19) Patient Information

Your Intermediate Care Admission

COVID-19 is a disease caused by a type of virus called a coronavirus. Coronaviruses are common across the world and often cause symptoms like those of the common cold. Most people will experience mild symptoms but some people may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Coronavirus can cause more severe symptoms in older people, people with weakened immune systems due to underlying conditions or immune systems due to medications and those with long-term conditions like diabetes, cancer or chronic lung disease.

What are the symptoms of someone infected with coronavirus?

Common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties.

Why am I being screened for coronavirus?

Coronaviruses are transmitted from person to person after close contact with someone with Covid-19, for example, in a household, workplace, or health care centre. As many of the less serious symptoms of COVID-19 are similar to those of a bad cold or flu it can be hard to diagnose COVID-19 without testing.

When and where will I be screened for coronavirus?

Prior to admission all patients will be screened for COVID-19. Admission onto the unit must take place within 48 hours of receiving the negative swab result and you must not have any COVID-19 symptoms.

If the result of the swab is COVID-19 positive or you have COVID-19 symptoms you will not be admitted onto the unit.

If you have been in contact with anyone who is COVID-19 positive then you will not be admitted to the unit until you have completed a 14 day isolation period. You will be swabbed before admission.

How will I be screened for coronavirus?

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?

The swab results are usually available within 24-48 hours but it may be sooner.

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What can I do to protect myself and others?

- Maintain good hand hygiene: washing your hands with soap and water after using the toilet, before meals and meal preparation, after coughing and sneezing.
- Cough or sneeze into a tissue, disposing of the tissue, and then washing your hands.
- Maintain a distance of two metres from other people.
- Avoid close contact when possible with anyone showing symptoms of respiratory illness such as coughing and sneezing.
- Wear a face mask when you are in enclosed public spaces.

What are we doing to protect you?

- All staff on the unit will wear full Personal Protective Equipment (PPE) (aprons, gloves, face mask and occasionally eye protection) when they are on the unit and providing your care. These measures are in place to reduce the likelihood of transmission of the disease.
- While you are an inpatient on the unit, all your meals will be served either in your room or in the dining areas where you will sit socially distanced (2 meters) from other patients. All your care and rehabilitation will be undertaken in your room. This will not affect the amount of rehabilitation you will receive.

Visiting arrangements while you are a patient in Intermediate Care

- If your stay on the unit is more than 7 days, restricted visiting is permitted. Please contact the Unit Manager/Nurse in Charge in advance to make suitable arrangements.
- For any adult who has a learning disability or has cognitive impairment restricted visiting is permitted, where possible this should be by appointment and arranged in advance with the Ward Manager/Nurse in Charge.
- Children (aged under 16 years) will only be permitted restricted visiting in adult clinical areas as assessed by a senior clinician and Unit Manager/Nurse in Charge.
- You will be permitted one named visitor who may visit at pre-arranged times. Such visitors may be required to wear PPE. The staff on the unit will assist your visitors on the correct use of personal protective equipment.
- Where possible, staff will facilitate other means of communicating with patients, such as telephone calls, FaceTime and texting.
- Anyone who meets the limited criteria to visit you they will be directed to wash their hands thoroughly for 20 seconds upon entering the unit area and we would ask them to do the same on leaving the unit. **Face masks will always need to be worn on the unit.**
- Please be reminded that **you should not visit the unit** if they have a high temperature or a new continuous cough.
- Please **do not visit** if they feel unwell or have had contact with a confirmed COVID-19 case.
- Visitors who are vulnerable due to chronic health conditions must also be **advised not to visit.**

We will continue to review the visiting policy as new national guidance is received.