

## Coronavirus (COVID-19) Patient Information

# RMCH Emergency Admission Information

COVID-19 is a disease caused by a type of virus called a coronavirus. These are common across the world and often cause symptoms like those of the common cold. You may feel hot, (have a temperature/fever) a cough, sore throat or runny nose. Most people will experience mild symptoms but some people may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

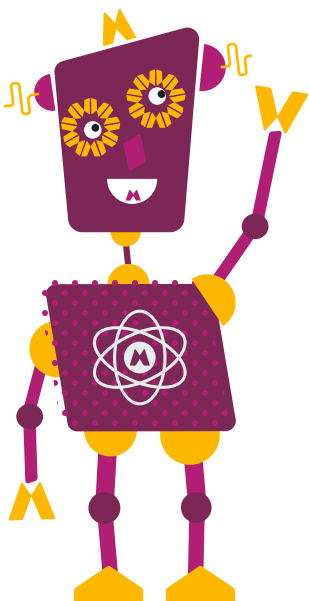
The virus spreads when people cough or touch things. This is why it is important to wash your hands really well with soap and water.



### Testing for COVID-19

You will be screened when you come into the Paediatric Emergency Department (PED). You will be asked some questions about your symptoms, if you have any coughs, a temperature or cold like symptoms you will be looked after on Ward 75 from there you may go home. If you need to stay in hospital you will have to have a test for COVID-19, this will involve swabbing the inside of your nose and throat. It's quite quick and shouldn't hurt although it may feel a bit uncomfortable.

When the results are available you may be able to go home while you wait to get better. The person who looks after you will be able to stay with you but until you are better, we would suggest you have no other visitors, this will help to avoid the spread of infection. If you have gone home, we will contact you or your parent/carers to let you know the results.



### Staying in hospital

If you need to stay in hospital, you and your parent/carer will need to stay in your cubicle until the test results are back. If your test is negative, it is likely that you will have to be moved out into a bay area to allow cubicle to be used for other children who might need it. Currently we have limited facilities available so we will supply you and your parent/carer with food and drinks. Please discuss with the nurse in charge for further details.

RMCH has created separate areas for children and young people depending on your swab results and we will ensure you get the best possible care in the right place.

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### Additional screening

If you are in hospital for more than 7 days with an initial negative Covid-19 result you will need to be re-tested for Covid-19 at day 7 and then every 7 days, whilst you remain in hospital

You may need to be tested for Covid-19 sooner than 7 days if:

- you develop symptoms, temperature, cough or
- you are to be discharged from hospital.

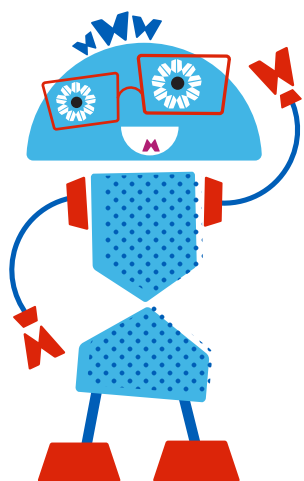
### Cleaning on site

We are carrying out extra cleaning activities across the hospital, including communal areas, to help stop the spread of infections. If you have any concerns about cleanliness during your stay or visit, please talk to the ward staff so we can act upon this.

### Hand hygiene facilities at hospital sites

Hand hygiene facilities are available for use by staff, patients and visitors throughout our site and we encourage everyone to use the alcohol hand sanitiser and soap and water as required.

We also offer hand wipes to patients before touching food items. Please ask for wipes if you feel you need them.



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### Protective equipment

You will see in ward areas that the hospital staff are wearing surgical face masks, aprons and gloves. The different types of these depend on which ward you are admitted to. This is to protect you, your parents/carer and the staff from transmission of COVID-19.

Some procedures we undertake in hospital we will need to use different clothing. You and your parent/carer may be asked to wear a mask – especially when you are moving through the hospital.

How to wear a face mask properly is critical to how effective it will be and disposing of the mask after use is equally as important.

1. The first thing to remember is that you must wash your hands/use hand sanitiser before putting on the mask and after you take off the mask.
2. Ensure your nose and mouth is covered by the mask at all times. Try to ensure that it fits securely and that there are no gaps between your face and the mask.
3. If you have a mask you might be wondering which side is meant to be on the outside. The general rule is that the coloured side or the side with the boldest colour goes on the outside.
4. Try not to touch the mask while using it.
5. When removing the mask, remove it by the ear loops do not touch the front of the mask. If you are not re-using the mask throw it into a closed bin and then wash your hands with soap or rub your hands with hand sanitiser.



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### Things you can do to help

We have introduced things to keep you safe such as not getting too close to other people. To help there are visual markings on floors and extra signs in busy areas including main entrances, corridors and lifts. Before and after you leave your bed, you will need to either wash your hands or use the hand sanitiser.

We are asking that you **remain at your bed space as much as possible**. We ask that you do not leave the ward unless for a medical procedure. Your parents/carer can leave the ward however we would ask that they maintain social distancing at all times.

### Restrictions for visiting

In line with national guidance, **patient visiting is limited to one parent/carer** and if you are still in hospital after a week a further person can visit if arranged with the ward staff.

### Keeping yourself entertained whilst in hospital

You may wish to bring in your iPad/laptop whilst you are in hospital and we do have WI-FI available. We also have our hospital TV'S which you can watch until 9pm for free. We also have a play team available on the ward for arts and crafts or computer games.

If you are feeling a bit down or worried about COVID-19, it's okay. Lots of people feel the same as you. **It can help to speak to someone, if you need some support please let us know.**

