

Coronavirus (COVID-19) Patient Information

RMCH Routine 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.

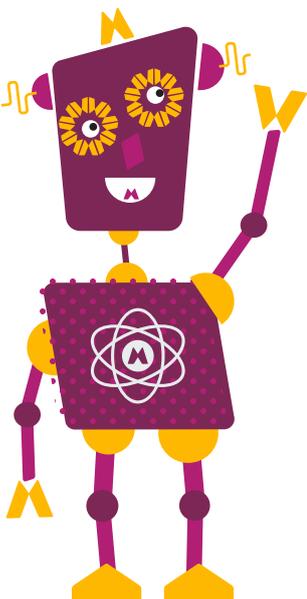


Testing for COVID-19

All children and young people being admitted to RMCH/Starlight Unit will need to be tested within a maximum of 72 hours prior to admission (usually 48 hours prior to admission) and during your admission. Before attending the hospital you will be asked if you have any symptoms of COVID-19 and again when you arrive for admission you will need to have a nose and throat swab

This will involve swabbing the inside of your nose and mouth. It's quite quick and shouldn't hurt although it may feel a bit uncomfortable.

If you have to stay in hospital for more than 5 days with an initial negative COVID-19 result (taken before admission) you will need to be re-tested for Covid-19 at day 7 (7 days after pre-admission screen) and then every 7 days thereafter.



Testing positive for COVID-19

Q. What if I test positive?

The Clinical team who are overlooking your care will make the decision if you will be admitted or your admission would be delayed until 7 days after the positive test.

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Additional screening

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

- you develop symptoms, temperature/cough
- you have test positive and need moving to another area
- you are to be discharged to a care home, another hospital or hospice.

Staying in Hospital

If you need to stay in you and your parent/carer will have to remain inside your hospital room at all times until you go home. If your test is negative, it is likely that you will be moved out into a bay area to allow side rooms to be used for other children who require a cubicle. We will supply you and your parent/carer with food and drinks and. Our parent rooms are currently closed and we do not have facilities to warm food up.

Zones dependent on swab results and clinical needs

RMCH has created separate zone areas for children and young people depending on your swab results and the best place for you to be cared for. By screening this will help RMCH staff to maintain separate zones and ensure you get the best possible care in the right place

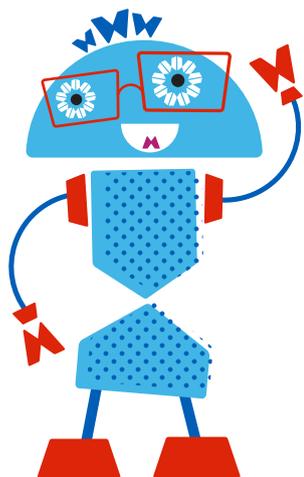
Cleaning on site

We are carrying out extra cleaning activities across MFT, 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 rub dispensers 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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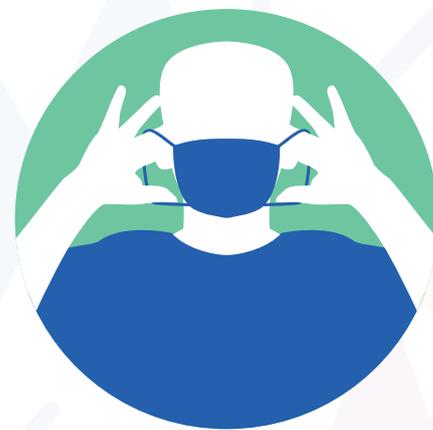
Protective equipment

You will see in ward areas that the hospital staff 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 parent/carer and the staff from transmission of COVID-19.

Some procedures we undertake in hospital are called 'aerosol generating' (AGP's). If we are undertaking an AGP the nursing staff will ask your parent/carer to be a 2m distance from your bed space; this is for their safety. In these circumstances the staff will be wearing long protective gowns, gloves and a different type of face mask.

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 an alcohol-based sanitiser.



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Social distancing

Social distancing measures are steps you can take to reduce social interaction between people. This helps to reduce the transmission of diseases and COVID-19.

Social distancing practices have been introduced across RMCH and we have signs to help you follow these. Measures include spaced out chairs in clinics, Perspex screens in Outpatient areas, visual markings on floors and extra signs in busy areas including main entrances, corridors and lifts.

We are asking that you **remain at your bed space as much as possible**. If you leave the bed space or cubicle we are asking that you **WASH YOUR HANDS** using the hand basin in the bay or cubicle. We ask that you do not leave the ward unless for a medical procedure. Your parents/carers are able to 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 suspended at RMCH.

Visiting may be permitted in the following areas or circumstances:

One visitor for each child in the Paediatric wards.

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.**

