**Patient
Information
Leaflet**

**NHS**

**York and Scarborough
Teaching Hospitals**
**NHS Foundation Trust**

# Covid-19 Contact

Information for patients, relatives and carers

## Why am I a Covid-19 contact?

The health and safety of both our patients and staff is really important to us. During your time at the hospital you have been exposed to Covid-19 by being in close contact with someone who has tested positive. This could have been another patient or it could have been a staff member.

We routinely check all our patients for Covid-19 and we ask staff to self-test at home twice a week but some patients or staff might test positive even after testing negative.

We have put measures in place to ensure the safety of all our patients and staff. As soon as we identify someone as having been in contact with Covid-19, we will take a daily Covid-19 test for the period of isolation and we will reduce your contact with other patients. This means we will try to care for you in a side room, or in a bay with other patients who have also been exposed to Covid-19 at a similar time as you.

You may be able to end isolation earlier, but this will be dependent on the current local practice. The nurse in charge of your care will be able to advise you on what the current time scales are for ending a period of isolation.

## What treatment will I receive?

Becoming a Covid-19 contact will not change what medical treatments you are having, but it might mean that when you are in the hospital you will be cared for in a side room, or in a bay with other people who have been exposed to the virus at the same time as you.

We do this to try and prevent the virus spreading any further to other patients or to our staff.

# What can I do to help?

People can catch Covid-19 from others who have the virus, through inhaling small droplets from infected people who cough or sneeze or through touching contaminated surfaces and then touching their nose, mouth or eyes. The actions below will help to keep everyone safe. You should also let the nurse looking after you know if you develop any new symptoms like that of Covid-19, this includes a raised temperature, a new cough or cold-like symptoms, runny nose, headache, fatigue, sore throat, loss of sense of taste or smell.

**Please ensure you:**

1. Regularly wash your hands for 20 seconds with soap or alcohol-based hand rub.

2. Wash your hands for 20 seconds after using toilet facilities.

3. Wash your hands for 20 seconds before eating.

4. Cover your mouth and nose with a tissue when you cough and sneeze, put used tissues into a bin and wash your hands afterwards.

5. Avoid touching your eyes, nose and mouth without washing your hands first.

6. Wear a mask provided in the hospital if you are able to tolerate this, and it does not interfere with your care.

# Can I have visitors?

Visiting restrictions remain in place at all of our hospital sites. We have put in place arrangements to support a 'virtual visiting' service and ward staff will be happy to help you arrange this. Please speak with the ward staff to find out what visiting is permitted while you are an inpatient on your ward.

# When can I go home?

When the doctor responsible for your care feels you are well enough to do so. Your health team will discuss your discharge and transport arrangements with you. It is always our priority to discharge people to a safe and appropriate place. In most cases this will be to your home. If you require care and support when you get home, this will be discussed with you.

You are not legally required to self-isolate if you are fully vaccinated – fully vaccinated means you have had two doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna); you are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine.

You are also not legally required to self-isolate if you have taken part in or are currently part of an approved COVID-19 vaccine trial or you are not able to get vaccinated for medical reasons.

If you are not fully vaccinated you are required to isolate for 10 days from the date of exposure to a positive COVID person. Staff will advise on the date when self-isolation can end.

If you develop any of the main symptoms of COVID-19 you should stay at home and, self-isolate immediately.

# Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact our Chief Nurse Team, c/o Policy and Patient Information Team, telephone 01904 721045 or 725230 or email us at patient.information2@york.nhs.uk.

# Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

# Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566
Email:  access@york.nhs.uk

www.yorkhospitals.nhs.uk