

## What can I do to help?

1. Clean your hands regularly, especially: when they are soiled, after using the toilet and before eating. If you are unable to go to the sink in your room please ask the nurse Manager for a pack of hand wipes.
2. Keeping your hands and body clean are important. Please make sure you have your own toiletries & tissues.
3. When coughing or sneezing use a tissue & turn your head away from others. Dispose of the tissue & clean your hands.
4. Do not touch your wounds, medical devices, drips or catheters.
5. Limit the amount of personal belongings in your room, especially in your bedside locker and table. This helps staff keep your room as clean as possible which further reduces the risk of infection.
6. Please tell your family that visiting is not allowed at the moment. This is to protect you, your family and healthcare staff. Ask your nurse about virtual visits using technology. Your loved ones can also email messages to [SendingLove@tuh.ie](mailto:SendingLove@tuh.ie) which will be delivered to you.

## Patient Care Packages

The Hospital have a patient care package service for relatives. Between 2pm & 4pm seven days a week. Packages for you can be dropped at the parcel desk in the main atrium. Your used clothes can be sent home in a special bag that can go straight into your washing machine without need to open it. Please ask the nursing staff for this bag and to bring it down to the desk for you by 1pm each day.

## Will my discharge from hospital be affected because I am isolated?

Usually there is no delay if you are returning to your own home. If you are being transferred to a nursing or Residential home or transferred to another hospital you may experience a slight delay as the organisation may need to place you in a single room and this may take time to organise.

## Where can I get further advice?

For further advice and information, talk to the nurse looking after you or the nurse manager in charge of the ward.

**The following are examples of personal Protection equipment worn by staff looks like:**



We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at time of publication.

**References: HSE.ie & HPSC.ie**

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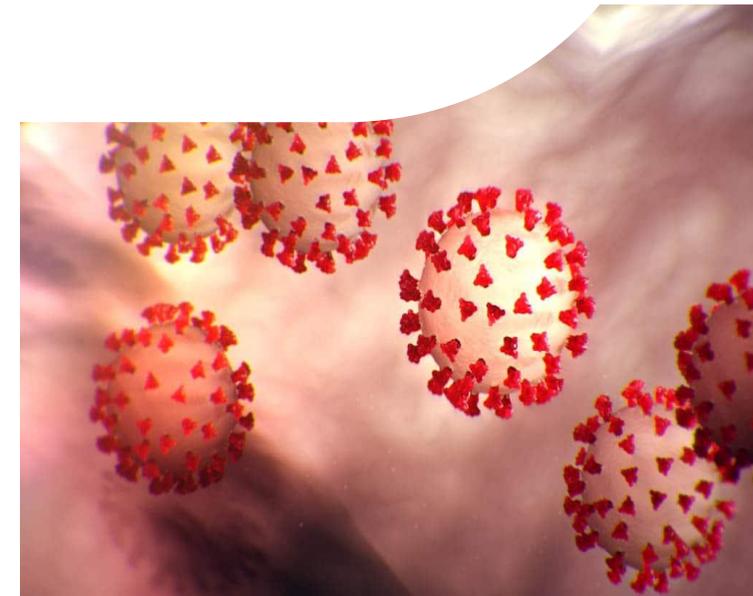
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# COVID-19

## Advice for suspected or positive Patients





## What is Coronavirus/COVID-19?

Coronavirus/COVID-19 comes from a family of viruses that cause illnesses like the common cold to more severe diseases. Novel Coronavirus is a new strain, not previously identified in humans. COVID-19 is the infectious disease caused by the latest discovered coronavirus.

## How does the virus spread?

People catch the virus from others who have the virus through inhaling small droplets when people cough or sneeze or through touching contaminated surfaces. Contaminated hands is the most common way the infection is spread.

## What are the symptoms?

Many people experience mild symptoms and recover, but it can be more severe for others. The symptoms include a combination of: Fever, Cough, Difficulty breathing, Sore Throat, Muscle pain & Tiredness

## What is isolation and why am I isolated?

This virus can spread easily therefore special care is needed to reduce the risk of spreading it to other patients and staff. Some patients are also more at risk of infection. For these reasons it is necessary to accommodate suspected or confirmed COVID-19 patients in a single room. (Which may have its own toilet/washing facilities). This is referred to as "isolation". Occasionally patients may be isolated with other COVID positive patients in a dedicated ward also known as co-horting.

The ward staff will explain why you are in isolation and the extra precautions that will need to be taken. We understand isolation may be difficult for you, but the staff will do their best to make your stay in hospital as comfortable as possible.

## What precautions do staff take?

A coloured poster will be placed on the door to inform staff that certain precautions must be taken. The exact precautions staff will take will depend on the type of task they are doing.

All staff will wear protective clothing coming into the room if they are having physical contact with you, for example; gowns, aprons, gloves, masks, face shields or goggles.

Our staff have been trained on how to put on and off PPE and how to clean their hands. If you are not sure if a member of staff cleaned their hands before coming to see you, it is ok to ask them.

## Can I leave the room?

No. We ask that you do not leave your room, this is to protect you, the staff and other patients. You will be asked to keep your door closed at all times to help reduce the risk of any infection spreading. If you need to leave your room for treatment or an investigation you will be accompanied and staff will inform you of what precautions you need to take. You may be asked to wear a mask. Being in isolation will not affect the care you receive.

## What about using the toilet and getting washed?

Your room has an en-suite toilet and if needed you will be assisted or provided with a commode and or urinal.

## When will my room be cleaned?

Your room will be cleaned daily. It is important that surfaces are kept neat so cleaning staff can clean your room and empty the bins.

## What about eating or drinking?

Your meals will be brought to you. Your water jug will be filled up when needed. Eat well and keep yourself hydrated.

## Can I have visitors?

No, this includes no visiting anywhere on the Hospital campus i.e. outside the Hospital / car park etc. This is to protect you, your family and healthcare staff.

## What happens when I go home?

If you are positive and are discharged, you must self-isolate at home until you have no temperature or symptoms for five days and it has been 14 days since you first developed symptoms.

Self-isolation means that you must stay at home. Even though your symptoms may be mild you can still spread the virus to others.

Self-isolating will help protect your family, friends, colleagues the wider community and the Health Service.

For further advice on self-isolating at home

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/selfisolationathome/>