



Cambridge University Hospitals
NHS Foundation Trust

Dos and Don'ts for patients admitted with suspected or confirmed **COVID-19**



CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

You have received this leaflet because you are being treated on a containment ward. To help stop the spread of infection in our hospitals, there are a number of dos and don'ts you must follow.

Dos while on the Ward:



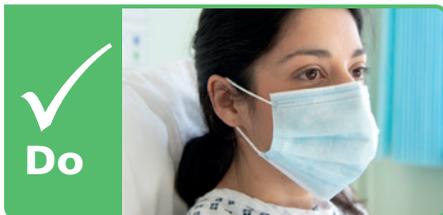
Cover your mouth and nose with a tissue when you cough or sneeze.



Throw away used tissues into a bin or orange waste bag. If you need anything, please ask.



Regularly wash your hands with water and soap or clean with alcohol gel for at least 20 seconds every time you cough or sneeze, before leaving your room and after using the toilet.



Wear a mask if you can and are not on oxygen.



Inform staff of any dietary requirements when you arrive, as we do not have a printed menu.

Dos while on the Ward:



Expect our staff to talk to you via the telephone beside your bed if one is available.



If you need to use the **toilet or bathroom** follow a straight path to the facilities. If you are unable to walk to the toilet, please ask for help so we can assist you with a commode or bed pan.

Don'ts while on the Ward:



Do not leave your room or bay without permission. If you have permission to leave you must wear a surgical face mask and avoid contact with other patients.



Avoid touching anything beyond your immediate bed-space.



Avoid touching your eyes, nose and mouth with unwashed hands.

Will my **friends and family** be able to visit me?



No visitors are currently allowed unless in exceptional circumstances and at the discretion of the ward consultant/nurse in charge.



Visitors must wear personal protective equipment (face mask, apron and gloves).



Visitors must wash their hands with soap and water for 20 seconds before and after all patient contact and removal of protective equipment.



Visitors must not to go to any other location in the hospital after visiting, including the hospital shops and concourse.

Six stage hand hygiene technique



1

Palm to palm



2

Backs of hands



3

Between the fingers



4

Fingertips



5

Thumbs and wrists



6

Nails