



COVID-19 Coronavirus

Information leaflet





COVID-19 Coronavirus

Public and community information

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home to stop coronavirus spreading.

Everyone must stay at home to help stop the spread of coronavirus.

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- **to shop for basic essentials** – only when you really need to
- **to do one form of exercise a day** – such as a run, walk or cycle, alone or with other people you live with
- **for any medical need** – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- **to travel to and from work** – only if you are a critical worker, for example you work for the NHS



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Patient information

Staff on the wards want to keep you safe.

There will be some changes to the way we do things for a while when the Coronavirus is happening.

These are some of the things that will change:

- Just for now we need to stop visits. You can phone or Skype your family and friends.
- If someone gets poorly they have to self-isolate - this means staying away from people.
- It is really important to wash your hands and not touch each other.
- People are not allowed to be in big groups.
- Things like the carers event are cancelled.
- Community leave and garage leave have stopped.
- You can still have leave in the grounds if staff can escort you.



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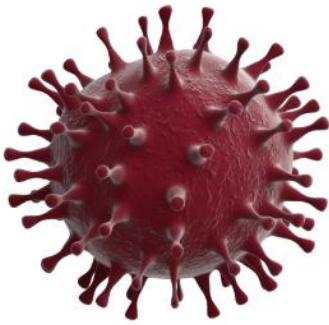
Visitor information

As the situation with COVID-19 continues to develop rapidly, we need to take all necessary precautions to protect our patients and staff.

All visiting has now been cancelled to protect our patients and staff. You cannot visit any patient being cared for by the Trust.

Exceptions will be made to patients on an end of life pathway of care, unless the patient or visitor has tested positive for COVID-19. Contact ward staff for further information.

Staff will support patients to use technology to communicate with their families, carers and friends during this period.



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Top tips

- Wash your hands often
- Avoid touching your eyes, nose, mouth
- Cover your cough, using the bend of your elbow or a tissue
- Keep at least 6ft (2 metres) away from other people - this is called social distancing
- Avoid crowded places and close contact with anyone that has a fever or a cough
- Stay at home if you feel unwell
- If you have a fever, cough and difficulty breathing seek medical care early
 - use the online symptoms checker at the Coronavirus Service <https://111.nhs.uk/covid-19>
 - or call NHS 111 in an emergency
- Get information from trusted sources eg www.nhs.uk
- Stay at home



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Useful online resources

www.gov.uk/coronavirus – what you need to do

www.cntw.nhs.uk/awoym – information about exercise and healthy eating

www.cntw.nhs.uk/relax – several different relaxation techniques.

www.recoverycollegeonline.co.uk – free online course to help you manage your mental health during isolation and social distancing. Includes support around self-care and supporting children and young people.

www.cntw.nhs.uk/selfhelp – a range of mental health self help guides which include titles such as anxiety, stress and health anxiety.

www.cntw.nhs.uk/smokefree – contact numbers for stop smoking services

For up to date information visit:

www.cntw.nhs.uk

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Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust



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