








# Reducing the risk of infection from Coronavirus (COVID-19)

The safety of our patients and staff is our number one priority.  
This booklet has information about keeping you safe from infection.

## Five ways you can reduce the spread of infection

Like all flu viruses, there are some simple things you can do to keep yourself and other people safe. The best prevention against COVID-19 is hygiene, so make sure you:

	<b>Wash your hands thoroughly for at least 20 seconds after touching objects and surfaces.</b>
	<b>Use alcohol-based hand sanitiser regularly.</b>
	<b>Cover your cough or sneeze with a tissue or cough into your flexed elbow.</b>
	<b>Avoid touching your eyes, nose, and mouth.</b>
	<b>If you are concerned that another person has not cleaned their hands properly, please let a staff member know.</b>

**Tell your nurse immediately if you feel like you are developing flu-like symptoms, such as cough, fever, runny nose, and difficulty breathing.**

## Staying safe in Hospital

We are keeping you safe from COVID-19 infection in a number of ways:

- All patients with suspected or confirmed COVID-19 will be placed in special isolation rooms to prevent the spread of infection.
- All staff are trained with preventing infection. We will continue to maintain high-levels of hygiene, such as cleaning our hands, disinfecting equipment, and using protective masks, gloves, and gowns when needed.
- We will continue to check your health and wellbeing during your stay.
- We are limiting non-essential visitors to the hospital, and making sure that anyone with flu-like symptoms does not visit.

### Information for Visitors WE NEED YOUR HELP

Before you proceed, please help us by using hand gel before entering the Hospital.

We ask that patients are only visited by:

- their partner
- carer
- guardian or
- nominated significant other

You **must not** visit if you have any acute respiratory symptoms (runny nose, sore throat, cough) or fever.

**And please limit visitors to ONE AT A TIME.**

## What is COVID-19?

- Coronaviruses are a large family of viruses that usually cause mild illness, such as the common cold.
- COVID-19 is a new strain of coronavirus that has not been previously identified in humans.
- Human coronaviruses are spread through **contaminated droplets**, by coughing or sneezing, or by touching **contaminated objects**.
- COVID-19 is tested by taking a swab from your inside nose and mouth.

## What are the symptoms of COVID-19?

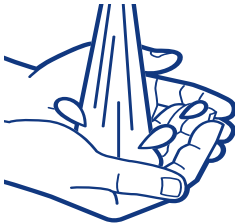
- Symptoms may include fever, cough, runny nose, and difficulty breathing.
- Most symptoms appear **5 to 6 days** after a person is infected.
- Most people have mild symptoms, and will recover with rest and fluids.
- Some people have no symptoms at all. People may be infectious without having symptoms.
- In more severe cases, infection can cause pneumonia and severe respiratory distress.

## What is “self-isolation”?

- Self-isolation involves **staying indoors and avoiding further contact with people** until you are sure you do not have COVID-19 infection.
- You must self-isolate for 14 days if:
  - You have returned from overseas in the last 14 days, or
  - You had close contact with a person with confirmed COVID-19.
- If you are waiting for COVID-19 test results, then you must “self-isolate” until your result is negative (clear).

## Practice simple hygiene by washing hands regularly

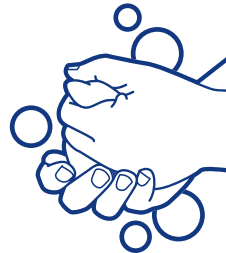
**1** Wet hands



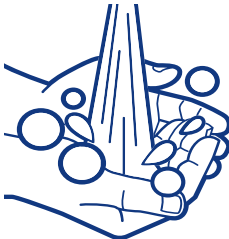
**2** Apply soap



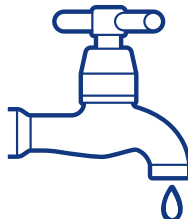
**3** Lather & scrub



**4** Rinse hands



**5** Turn off tap



**6** Dry hands



Spend **20 seconds** washing your hands.

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### For more information:

- If you or your family have any questions or concerns, please speak with your nurse or doctor. We are here to help.
- More detailed information can be found on the regularly updated NSW Health website: <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>
- Call the National Coronavirus Health Information Line on 1800 020 080.

This information is correct as of the time of printing, however please refer to NSW Health website for further updates.