



What can I do to help?

Both in hospital and at home?

Please clean your hands regularly, especially when they are soiled, after using the toilet and before eating. If you are in the Hospital and are unable to go to the sink in your room please ask the Nurse Manager for hand wipes.

Please make sure you have your own toiletries and tissues while in hospital.

When coughing or sneezing use a tissue and turn your head away from others. Dispose of the tissue in a bin and clean your hands.

Do not touch your wounds, medical devices, drips or catheters.

Limit the amount of personal belongings in your hospital 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.

Please wear a mask where possible while in hospital, especially if within two metres of others

For further advice and information talk to the nurse looking after you or the nurse manager in charge of the ward. Further up to date information for COVID-19 contacts at home can also be found on the following link.

<https://www2.hse.ie/conditions/covid19/>

The following are examples of some of the personal protection equipment worn by staff looks like:



How can I contact a member of the Infection Prevention & Control Team?

Tell the Clinical Nurse Manager, doctor or nurse looking after you if you would like to speak to a member of the Infection Prevention & Control Team and they will contact us.

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 the time of publication

References: HSE.ie - COVID-19 | HPSC.ie- COVID-19



Tallaght
University
Hospital

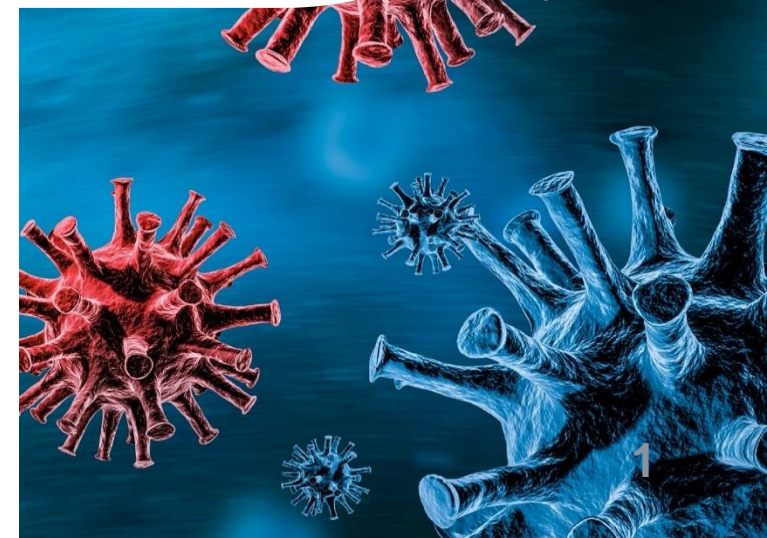
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PATIENT
INFORMATION
LEAFLET

COVID-19

Advice for patients who are a close contact of someone with COVID-19



This leaflet provides advice to people who have had close contact with a person who has been confirmed as COVID-19 positive.

What is COVID-19 / SARS-CoV-2?

COVID-19/ SARS-CoV-2 comes from a family of viruses that cause illnesses that is often like the common cold but can cause more severe disease

How does the virus spread?

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

What is a COVID-19 close contact?

Anyone who has had greater than 15 minutes face to face (less than two metres) contact with a confirmed case in any setting.

This includes:

- Close contact with a Healthcare Worker who has become positive
- Living or sleeping in the same home as a positive person

What do I need to do if I am a close contact?

In hospital, you will be told if you are a close contact of someone with COVID-19. You will be asked if you have any of the following symptoms:

fever, cough, difficulty breathing, sore throat, sudden loss of taste or smell, muscle pain & tiredness.

You may or may not be currently showing any symptoms as it can take up to 14 days for symptoms to show. If you develop symptoms while in hospital you will be offered a COVID-19 test.

If you have any of the listed symptoms make sure you tell the nurse who is looking after you.

What is isolation and why might I be isolated while in hospital?

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 place suspected or confirmed COVID-19 patients in a single room when in hospital. This is referred to as "isolation".

If you are in a shared room with a positive COVID -19 patient who has symptoms as listed above , the room you are in may limit admissions for five days and you will also be monitored for symptoms for five days to reduce the risk of spreading it to other patients and staff in the Hospital.

Can I leave the room / bed space?



We request that you limit your movements while in hospital and liaise with the nurse looking after you.

The door into the room may be kept closed 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 will also be asked to wear a mask while in hospital when in close contact with other people.

Being in isolation will not affect the care you receive.

Will my discharge from hospital be affected?

Usually there is no delay if you are returning to your own home, another hospital or a residential home

What happens when I go home?

Please follow advice on the HSE website if you are a close contact <https://www2.hse.ie/conditions/covid19/close-contact/>