

Cover your coughs and sneezes

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues into a plastic waste bag (see below for managing rubbish), and immediately wash your hands. Carers should wash their hands as well as helping the person they are caring for.

Wash your hands

Wash your hands or assist the person you are caring for in washing their hands. This should be done often and thoroughly with soap and water, for at least 20 seconds, rinse and dry thoroughly.

Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other

people in your home when you have used them. After using these items, wash them thoroughly with soap and

water; dishwashers may be used to clean crockery and cutlery. Laundry, bedding and towels should be placed in a

plastic bag and washed once it is known that the tests for Covid-19 are negative.

Do not have visitors in your home

Only those who live in your home should be allowed to stay.

If you have pets in the household

Try to keep away from your pets. If this is unavoidable, wash your hands before and after contact.

Waste

All waste that has been in contact with you and anyone else in your household who has tested positive for Covid-19 and is also self-isolating, including used tissues, and masks if used, should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied. We suggest that you do not dispose of this waste in the routine waste until after your symptoms have resolved.

Duration of self-isolation and follow up plan

In line with national advice, we advise you self-isolate for minimum of 10 days after you tested positive for Coronavirus. If you have been an inpatient you must self isolate for 14 days. Keep self-isolating if you have any of these symptoms:

- A high temperature or feeling hot and shivery
- A runny nose or sneezing
- Feeling or being sick
- Diarrhoea

Please check up to date online advice:

<https://www.nhs.uk/conditions/coronavirus-covid>

**Admission to the Virtual
Covid Hospital (VCH)**

The decision to discharge

Your Clinical team have decided; following an assessment; that you are safe to be discharged from an inpatient ward environment.

Due to the diagnosis of COVID19 your team feel that you may benefit from some additional support in the form of enrolment in the "Virtual Covid Hospital" (VCH)

This will enable the clinical teams to follow you up and provide support and reassurance in your own home.

What is the VCH?

The VCH is comprised of a team of specialist doctors, nurses and allied health professionals who have experience with patients diagnosed with COVID19.

We will telephone you on regular occasions and monitor how you are feeling, what your oxygen levels are and check if you have any concerns.

You will be admitted to the VCH for 14 days. If the team feel you need any further follow up we can arrange that for you.

What we need:

- We will take a phone number from you that you will be happy to answer, and able to access.
- The phone calls from the hospital will come from "No caller ID" and thus it is important that you answer our call.
- We will also take a phone number for a next of Kin, in case we cannot reach you.

- We will only ever phone you between 9am and 5pm.

What to do if you become unwell when you are not on the phone to us?

If you become unwell it important you do not wait until your next call with us.

You may wish to call your GP who may be able to assess you. If it is an emergency, you need to call a 999 ambulance. **Tell the GP / Ambulance crew that you have a diagnosis of COVID-19.**

Isolation advice

Transport Home

In order to return home, you may be transported in private transport by a family member who has already had contact with you.

The person who drives you home must be aware that you have Covid-19, must have already had prolonged close contact with you or may themselves have Covid-19 and be well enough to assist. If not already self-isolating, the person must be willing to self-isolate as a close contact of a confirmed case for 10 days. If a household member has been advised to shield due to a very low immune system, you are advised to stay at another home until self isolation is finished.

During your transport home, catch any coughs and sneezes with a tissue. Dispose of the tissue directly into a waste bag. Seal the waste bag and take it directly into your house.

If you do not have private transport home, your team will request an ambulance transfer.

Do not use public transport or taxi Stay at home

You (and the person who transported you home if applicable) must remain in your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transport or taxis until you have been told that is safe to do so.

You will need to ask for help if you require groceries, other shopping or medications. Alternatively, you can order by phone or online.

Use a separate bathroom from the rest of the household, if available. If you have to share these facilities, regular cleaning will be required. Ensure the isolated person uses separate towels from other household members.