

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

The safety of our patients & staff is our
number one priority.

*Inspired
by
You*








**ST VINCENT'S
PRIVATE HOSPITAL**
SYDNEY

CONDUCTED BY THE SISTERS OF CHARITY OF AUSTRALIA

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:

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

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:

- We have all single room patient accommodation, for all patients we use strict infection control precautions.
- 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

- **Do NOT visit the hospital if you are feeling unwell.**
- Consider other ways of contacting family and friends, such as phone calls and text messaging.
- Thoroughly **clean your hands** with hand sanitiser before entering and exiting the hospital, patient rooms, and after touching any surfaces or objects.

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 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 travelled to a high risk country (within 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



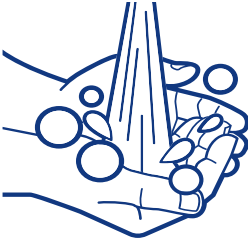
2 Apply soap



3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spent **20 seconds** washing your hands.

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>



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