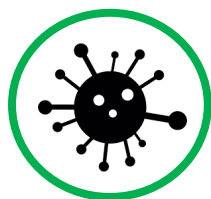


Coronavirus Infection (COVID-19) Discharge Information

You have attended the Emergency Department, and based on your symptoms, it is likely that you have a Coronavirus infection.

The information below applies to both adults and children:



What is Coronavirus (also known as COVID-19)?

Coronavirus is a viral infection. You catch it by inhaling droplets from infected people who cough or sneeze, or through touching contaminated surfaces, then touching your nose, mouth or eyes.

Most people who have Coronavirus will have minor symptoms and make a full recovery without treatment, but it is highly infectious, and some people will suffer more serious symptoms requiring hospital treatment.



Why am I being sent home?

Because of the large numbers of people infected, hospitals are under great pressure and need to focus our resources on people whose lives are in danger. Our assessment is that it is safe to send you home today.



Why have I not been tested for Coronavirus?

With the high number of cases of the infection, the NHS does not have the capacity to test everyone with potential symptoms.

We are only able to test those who are most seriously unwell and need to be admitted to hospital as this could affect ON going treatment.

A positive test will not change our assessment.



Why have I not seen a doctor?

Not everyone with Coronavirus infection needs to see a doctor and we have to prioritise the sickest patients. Some people reading this may have been directed to go home by the Reception or Triage staff.



What should I do if my symptoms get worse?

You should not go directly to your GP surgery, pharmacy or Emergency Department.

If your condition gets worse or your symptoms do not improve after 7 days, first call NHS 111 for advice and they will be able to advise and assist any necessary treatment. **If you need emergency medical treatment call 999.**



What do I do now?

Stay at home (self-isolation)

The recommendations for most people infected with the Coronavirus is to 'self-isolate' at home to prevent the spread of infection

- If you have symptoms of Coronavirus, you will need to stay at home for 7 days. Do not allow visitors.
- If you live with someone who has symptoms, you need to stay at home for 14 days from the date the first person in the home started having symptoms. This is because there can be a delay between being infected with the virus and symptoms showing.
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days immediately. If you have to stay at home together, try to keep away from each other as much as possible and make sure that you wash your hands frequently for at least 20 seconds each time.

The reason for self-isolation is because this virus is very infectious and we want to avoid you passing the virus onto somebody else for whom it may be life threatening.

For further information on self isolation please visit:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>



What medications or treatment do I need?

- Drink plenty of fluids to stay hydrated.
- Get lots of rest- you may be more tired than normal.
- Paracetamol is helpful in reducing raised temperatures, headaches and other aches (please follow the instructions on the packet).
- Unless directed otherwise continue to take your regular medications as usual.



Where can I find more information?

<https://111.nhs.uk/> has lots of further information on the Coronavirus infection and how to manage at home if you or a family member are unwell.