



**Patient Information Leaflet**

# **COVID 19 Cancellations**

**Produced by:**  
Acute Division

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If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনহিংরজেআপনারপ্রথমভাষানাথাকার কারণেএইলফিলটেপডুতে অক্ষমহন, তাহলেআরওতথ্যেরজন্য01983 534850 নভেগিশেনPALS টলেফি়োন ইংরজেকিতা কডে জজিঞাসা করুন এবং সাহায্য করুন

Your appointment today has been cancelled because you have attended with, or reported, symptoms associated with Covid-19.

These include:

- A new, continuous cough where you cough a lot for more than an hour, or have three or more coughing episodes in 24 hours
- Fever above 37.8°C
- Loss of smell or taste

## **What is Covid-19?**

COVID-19 is a disease caused by a type of virus called a coronavirus. This is a common type of virus that affects both animals and humans. Coronaviruses often cause symptoms like those of the common cold. But sometimes they can cause more serious infections.

## **How do people catch Covid-19?**

COVID-19 is able to spread from person to person. The virus seems to spread when people cough or sneeze, and when people touch objects and surfaces that have the virus on them. The virus can survive for up to 24 hours on cardboard and for up to three days on stainless steel and plastic. Infected people can spread this virus even if they don't have any symptoms yet.

## **What treatments work?**

There is no cure for COVID-19. A vaccine is being developed, but it will be some time before it is available. Different medicines are being tested to see whether they can help patients with COVID-19. The research is in the early stages, so these medicines are normally only given as part of a clinical trial.

## **Home treatment**

The guidance for looking after people with known or suspected COVID-19 at home is as follows:

- The ill person should be looked after in a well ventilated room by themselves, and should stay in that room as much as possible, so that they don't spread the infection.
- The number of people who look after the ill person should be limited to as few as possible.
- Ideally, anyone looking after the ill person should be in good health.
- If you wear a medical mask while looking after someone with symptoms, change it for a new one if it comes into contact with their bodily fluids.
- Wash your hands thoroughly after touching the ill person. You might want to wear disposable gloves, such as latex gloves.
- Dispose carefully of any tissues the person uses.
- Don't share anything like towels or bedclothes with the ill person.

- Carefully wash any plates, drinking glasses and cutlery after they use it.
- Regularly wipe and disinfect any surfaces the person touches regularly, such as bedside tables.
- Clean toilet and bathroom surfaces regularly.
- Clean all clothes, bedclothes, and towels used by the ill person at 60 to 90°C.
- The ill person should limit contact with pets and other animals. At this time, there is no evidence that pets and other animals can spread COVID-19 but caution is advised. Cats can become infected with coronavirus after contact with people who have COVID-19. Scientists are carrying out research in this area too.
- Keep taking any prescribed medications, unless your doctor recommends that you stop.

There is more advice available on treating symptoms at home and when to seek additional help at [www.nhs.uk](https://www.nhs.uk)

## **What should I do next?**

You should return home to stop the risk of giving coronavirus to others and do not have any visitors in your home. You should self-isolate for 7 days. If you have the NHS COVID-19 app on your smartphone, you should update it to state you feel unwell. You should arrange to be tested. You can do this by going online at [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus), or by calling 119. If you need further clinical advice, you should call 111.

### **After 7 days:**

- You can stop self-isolating if your symptoms have gone, or if you just have a cough or changes to your sense of smell or taste – these symptoms can last for weeks after the infection has gone
- Keep self-isolating if you have any other symptoms (such as a high temperature, runny nose, feeling sick or diarrhoea) – you can stop self-isolating when your symptoms have gone

If there are other members of your household, they should self-isolate for 14 days from the start of your symptoms.

### **What should I do regarding my appointment?**

As you are symptomatic, we cannot see you today. We will contact you in 7 days' time to see if your symptoms have resolved and if so, reschedule your appointment.

Sources: BMJ Patient Information Leaflet COVID-19 (coronavirus), [www.nhs.uk](http://www.nhs.uk)

**If you have any queries or concerns about the content of this leaflet please call (01983) 822099 and ask to speak to the relevant department.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.