



Client Information

COVID-19

How to Protect Yourself

To prevent infection:

- Wash your hands often and for at least 20 seconds
- Using soap and water are the most effective way of reducing the spread of infection
- Do not touch your face, eyes, nose or mouth with unwashed hands
- Cover your mouth and nose when you sneeze or cough – use a tissue or the crease of your elbow
- Throw all used tissues in to a plastic bag in your room. Close the bag ready for disposal
- Do not share food, drinks, utensils or personal items
- If you are sick yourself, stay away from others

COVID-19 Spread

Coronaviruses are most commonly spread from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

Symptoms:

- Are similar to the flu and common cold
- They include:
 - Cough
 - Sneezing
 - Fever
 - Sore throat
 - Difficulty breathing

What should I do if I have any of the symptoms above?

- If you have any symptoms tell the care staff right away
- Remain in your suite
- Staff will complete COVID-19 screening test
- What will happen next?
- Your sample will be sent to the lab for COVID-19 testing