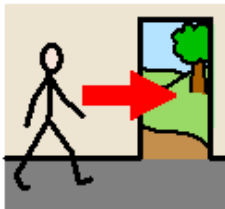


Coronavirus — What the Government Says

Community leave and garage leave have stopped.

You can still have leave in the grounds if staff can escort you.

You can phone or skype your family. Just for now we need to stop visits.

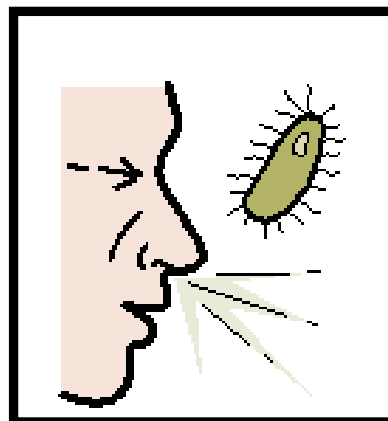
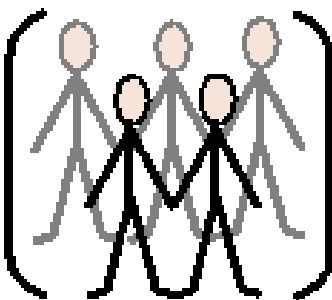


Coronavirus



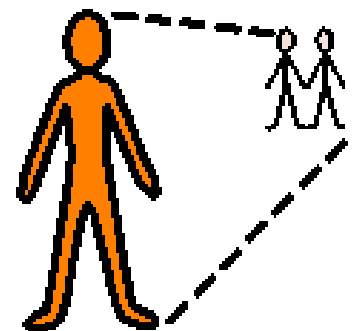
People are not allowed to be together in groups .

Things like the carers event are cancelled

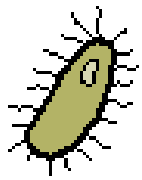


If someone gets poorly they have to self isolate— this means staying away from people

It is really important to wash your hands and not touch each other



Caring | Discovering | Growing | **Together**



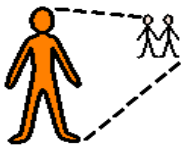
Coronavirus — Social Distancing



Coronavirus is spreading quicker than the government thought it would. This is making it very hard for general hospitals to keep people well.



So that the general hospitals can help more people the government have said we need to slow down the spread of the virus. To slow it down one of the things we need to do is something called social distancing.



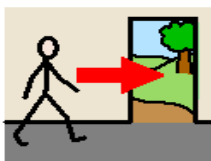
Social distancing is when we all stay away from groups of other people as much as we can.



Nurses and other people who look after you still need to come into work if they are well. But when they are not at work they still have to keep away from groups of people as much as they can.



This means that lots of things have to change for everybody, not just patients in hospital.



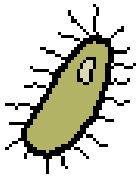
For patients in special hospitals like Northgate this means that you will not be able to have trips into the community unless it is for an important appointment.



When staff aren't at work, they will be staying at home too. They will only be leaving their houses for important things. Lots of events like weddings and parties have been cancelled.



If we stay at home or in the hospital as much as we can this will help to slow down the spread of Coronavirus.



Coronavirus — What We're Doing at Northgate



We know that you will be upset about not being able to go out for trips. We know that for some people keeping busy is very important for their mental health.



We want to try and make the wards as happy and as safe as possible while we are dealing with the Cononavirus.



We know that you will be worried about their not being very many nursing staff here to help you or do activities with you.



Other staff like session staff, OTs, speech and language and psychology have said that they will help us on the ward.



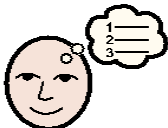
We will try and get you out for walks on the hospital site as much as we can.



On the KDU we will use the sports hall, gym, pool table and other rooms to keep people as busy as we can.



If there are times we do not have enough staff to get you off the ward get you off the ward we will try our best to do other activities you enjoy like karaoke, bingo, art, pamper sessions, dancing and games.

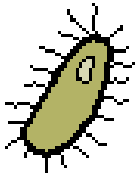


We will let you know if there have been any changes to plans as soon as we can.



We will keep thinking about trips out into the community. As soon as we think it is safe enough we can start doing this again.





Coronavirus — What You Can Do To Help



Please try to stay calm and listen to the staff



Remember that we are all in this together and the changes are up-setting us all.



Think about things you can do on the ward to keep busy like helping out with keeping the place clean and tidy.



Try to find activities you can do on your own that you enjoy.



Don't get annoyed or angry with the staff, we are trying our best to help you and keep you safe.



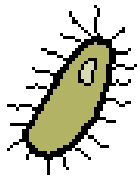
Don't get annoyed or angry with other patients, they might not understand. Try to help them understand or offer them an activity to do with you.



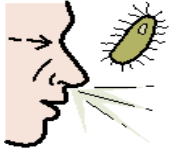
Work as one a big team with all the patients and staff.



Remember that this will eventually come to an end and things will go back to normal.



Coronavirus — What if One of Your Peers has Symptoms?

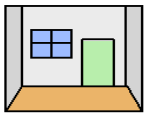


The main symptoms of the Coronavirus are:

- a high temperature
- a new cough and coughing a lot



There is no way for us to know for sure if people have the coronavirus. We have to just be careful about how we look after them for a while.



This means they will be spending their time in their bedroom and eating their meals in there too.



The staff will have to wear face masks, gloves and aprons when we go into care for your peer. This might look a bit scary but it's just for safety.



Your peer will take a shower or bath after everyone else. This means that we can make sure the bath and shower room is nice and clean afterwards.



Please don't talk about your peer not being well as this isn't nice for them and we need to respect their dignity and privacy



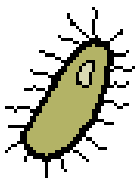
If one of your peers is not well, that does not mean you will become unwell too so please don't worry.



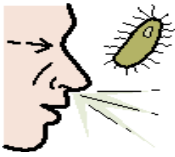
To help you can make sure you keep

- washing your hands often
- Covering your mouth and nose with a tissue when you cough or sneeze





Coronavirus — What will happen if I show symptoms?

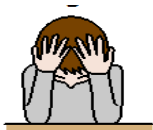


The main symptoms of the Coronavirus are:

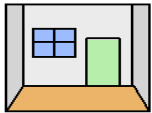
- a high temperature
- a new cough and coughing a lot



There is no way for us to know for sure if you have the coronavirus. We have to just be careful about how we look after you for a while.



Please don't worry, we will take really good care of you and check blood pressure, heart rate, breathing and temperature often



You need to stay in your bedroom.



You will have your meals in your bedroom.



You can still play your games console, watch TV and anything else you want to do in your bedroom



You will have a shower or bath after everyone else. This means that we can make sure the bath and shower room is nice and clean afterwards



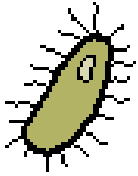
The staff will have to wear face masks, gloves and aprons when we come into your bedroom. This might look a bit scary but it's just for safety.



To help you can make sure you keep

- washing your hands often
- Covering your mouth and nose with a tissue when you cough or sneeze





Coronavirus — Common Questions Answered



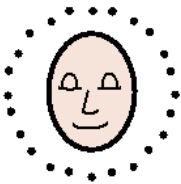
Why is it safer to go for a walk in the hospital but not in the community?

There are not as many people around the grounds, that means there is much less chance of spreading or catching the virus.



Can I catch the virus from staff dealing with other patients who have symptoms?

No, the staff are wearing lots of special protective clothing and washing their hands lots to make sure that doesn't happen.



Is everyone going to die?

No, absolutely not! Most people who have had coronavirus say it's like a bad cold. Most people make a full recovery after about 7 days.



How long will it take for things to get back to normal?

The experts are saying at the moment that we will hopefully be over the worst of the coronavirus by about June.



Why are the government taking it too far with closing everything and telling people to stay at home? Why are they scaring people?

The government talk to experts who know how virus' work and how to slow them down so that they can keep more people safe. Whatever the experts say is what the government will do. They do not want to scare people. They know people will be worried. But if you follow what they say, there is no need to worry.

