



Coronavirus **COVID-19**



**What to know,
when to prepare &
how to protect**

**Patient
Information
Leaflet**



**Mater
Private
Cork**



Coronavirus COVID-19

Coronavirus / COVID-19 is a new illness that can affect your lungs and airways.

It is caused by a virus called Coronavirus (SARS-CoV-2) – a novel (new) Coronavirus that has not previously been seen in humans. It was first identified in Wuhan, China in 2019.

Symptoms of COVID-19

It can take up to 14 days for symptoms of Coronavirus / COVID-19 to appear. They can be similar to the symptoms of cold and flu.

Common symptoms of Coronavirus include:

- Fever – high temperature 37.5° C or above
- Cough
- Flu-like symptoms
- Shortness of breath or breathing difficulties
- Loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you have any of these symptoms, you should behave as if you have the virus and self-isolate for 14 days. Self-isolation means staying indoors and completely avoiding contact with other people. In addition, we advise contacting your GP who can arrange COVID-19 testing.

How it spreads

Coronavirus / COVID-19 is spread in sneeze or cough droplets.

You could get the virus:

- **Directly** – if you come into close contact with someone who has the virus and is coughing or sneezing or even talking
- **Indirectly** – if you touch surfaces that someone who has the virus has coughed or sneezed on, and bring your unwashed hands to your face (eyes, nose or mouth).

How can we protect ourselves and prevent the spread of SARS-CoV-2



- Wash your hands properly and often
- Cover your mouth and nose when you cough and sneeze
- Put used tissues into a bin and wash your hands
- Clean and disinfect frequently touched objects and surfaces
- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not share objects that touch your mouth – for example, bottles or cups

PREPARATION FOR ADMISSION

Social distancing

Social distancing is important to help slow the spread of Coronavirus. We do this by minimising contact between potentially infected individuals and healthy individuals.

You should:



- keep a space of 2 metres between you and other people
- avoid communal sleeping areas
- avoid any crowded places
- not shake hands or make close contact with other people, if possible

What is cocooning?

Cocooning involves staying at home and reducing face-to-face interaction with other people to the greatest extent possible. It is intended to minimise your risk of contracting COVID-19.

In the light of the recent COVID-19, we are asking our patients to follow the HSE guidelines and Mater Private (MP) guidelines to prepare themselves for their visit to Mater Private. In Mater Private Cork, we are asking some patients to cocoon for 14 days prior to their admission if they are going for any major surgeries/procedures or if they are immunocompromised.

Cocooning means staying at home and maintaining 2 metres social distancing.

- Ask neighbours, family or friends to get any shopping or medicine you need – do not go out shopping (if possible).
- Arrange for food or medicine deliveries to be left outside your door.
- You can go outside for a walk but do not stop to talk to anyone and maintain 2 metres social distancing at all times.



**KEEP SAFE,
KEEP WELL**

What to expect before your admission

Depending on your procedure you may be requested to attend the pre-assessment clinic in the weeks prior to your procedure.

Here we will gather your medical history and carry out tests to ensure your procedure is done safely. You will be contacted by the hospital to arrange this if required.

You may be required to have a swab taken to test for COVID-19 approximately 48 hours prior to your procedure. You will be contacted by the hospital to arrange this if required.

Please contact the relevant secretary to discuss your appointment, if:

- you have become unwell or notice a change to your normal health
- you have newly developed common symptoms of COVID-19 (see 'Symptoms of COVID-19')
- you have been in contact with anyone who has been diagnosed with COVID-19 in the last 14 days
- you or a close contact have returned from abroad in the last 14 days.

What to expect during your admission

You will see all staff wearing Personal Protective Equipment (PPE). This may include gloves, a gown, a mask and eye protection. This equipment will act as a barrier to protect you from the spread of germs/COVID-19. Seeing staff 'all covered up' and wearing a face mask might feel intimidating and you might find communication with staff takes more time. Staff will always introduce themselves when they come to care for you. Please ask staff to repeat any instructions if you are unclear. They are required to leave all their PPE on and in place while they care for you. Staff will always wash their hands and use alcohol hand gel before and after they have cared for you.

Can I bring my family/friend with me to the hospital?

If possible please attend appointments alone, as waiting area space is limited and we must ensure compliance with social distancing guidelines. You should arrange for a responsible adult to bring you to and collect you from the hospital. Please ensure you have their phone number so we can arrange for them to pick you up on your discharge. Please note that normally they will not be permitted to enter the hospital with you. Due to prevailing infection control issues around COVID-19, visiting is restricted. We will help you maintain contact with family/friends via telephone. Visiting is reviewed on a case by case basis for patients who are critically ill. We understand that certain patients may need physical or psychological support and we are limiting this to 1 additional person.



HOW BEST TO PROTECT YOURSELF AND OTHERS



Always wash your hands with soap and water

before:

- eating

after:

- using the toilet
- if your hands are dirty
- blowing your nose
- coughing or sneezing
- being in public places
- touching surfaces in public places
- touching other people
- inadvertently touching the front of your face covering



Always avoid social gatherings, meetings and events in community areas with ongoing community transmission.



Always practice social distancing

- keep 2 metre distance between you and other people
- avoid crowds in poorly ventilated spaces
- avoid using public transport during rush hours
- do your shopping during off-peak hours where possible
- maintain daily exercise outdoors



Always avoid contact with sick people, particularly those with symptoms of cold and flu.



Always wear a face covering if you develop a cough.



Always avoid touching your face, nose or eyes.

Always wash/sanitise your hands if you inadvertently touch the front of your face covering.

KEEP SAFE, KEEP WELL

#InThisTogether

Contact your General Practitioner by telephone for further advice, or call Health Services Executive (HSE) Live: 1850 24 1850.

Adapted from

- <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-information-booklet.pdf>
- <https://www2.hse.ie/coronavirus/>
- <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/posters/HSE%20Face%20Covering%20Guidelines%20Poster.pdf>
- https://www.ecdc.europa.eu/sites/default/files/documents/Leaflet-Covid-19_immunocompromising-condition.pdf



Mater Private Hospital,
City Gate, Mahon, Cork

Telephone: 021 601 3200

Fax: 021 439 6419

Email: cork@materprivate.ie



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