



Coronavirus **COVID-19**



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

**Patient
Information
Leaflet**

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**
- **Shortness of breath** or breathing difficulties
- **Loss or change to your sense of smell or taste** – this means you've 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.

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
- **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 with a tissue or your sleeve 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. It does 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

**KEEP SAFE,
KEEP WELL**

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 pandemic, we are asking our patients to follow the Health Services Executive guidelines and the Mater Private guidelines to prepare themselves for their visit to the Mater Private.

In the Mater Private Dublin, **we are asking patients to cocoon for 14 days prior to their admission** if they are going for any major surgeries / if they are immunocompromised and coming for systemic cancer treatment.





HOW BEST TO PROTECT YOURSELF AND OTHERS



Always wash your hands often with soap and water

before:

- eating

after:

- using the toilet
- 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 contact with sick people, particularly those with symptoms of cold and flu.



Always avoid touching your face, nose or eyes.



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 wear a face covering if you develop a cough.

- do not lower the face covering to speak, eat, smoke or vape
- if you need to uncover your nose or mouth, remove the face covering and place in the bag for used face coverings

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



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