

COVID-19:

VERSION OCTOBER 2020

ADMISSION, STAY AND DISCHARGE

INFORMATION FOR THE PATIENT AND HIS FAMILY

You or a member of your family has been admitted for care on a ward as a result of a coronavirus infection.

To prevent the potential spread of the virus as much as possible, we want to ask you to read the guidelines below carefully and bear them in mind.

DURING THE PATIENT'S ADMISSION: GUIDELINES FOR HOUSEMATES, FAMILY ... TO AVOID THE FURTHER SPREAD OF COVID-19

Self-isolation for at least 10 days

If you have had a close contact with a COVID-19 patient you have to stay at home for a period of at least 10 days, even if you are not ill. It is possible you are infected with the virus and that you will become ill in the next days. There can be a gap of several days between the time of infection and the moment you start getting symptoms.

- You can exceptionally leave your home to go to the doctor or the pharmacy or to buy food, if no one else can do it for you. Make sure you always wear a face mask (as of the age of 12 years) and avoid contact with others.
- Don't have visitors at home.
- Look out for any other symptoms you might get. If you develop a fever or other symptoms (e.g. respiratory problems, a cough, a sore throat ...), or have doubts about something, call your GP for advice.
- **Ten days after the last high-risk contact you can leave your home** to go back to work, to school ... on the condition that you don't feel unwell.

In the following 4 days, you still have to be extra careful: limit your social contacts as much as possible and always keep a 1.5 metre distance. Contact your GP if you feel unwell.

HOSPITAL STAY: PRACTICAL ARRANGEMENTS

Visitors and contact

- The patient is **not allowed to receive visitors** during his stay on the ward.
- Every room has a phone.
- You can also communicate with the patient via his own **smartphone, tablet or laptop** (e.g. on Skype). There is a limited availability to borrow a smartphone or tablet on the ward.
- **Within your family you appoint one contact person.**
 - The contact details of that person will be added to the patient's record.
 - When the patient is admitted, arrangements are made about when the contact person can call the ward on
tel. **016 3** (ward **E**).
- We want to ask you to respect these arrangements.
- The contact person informs the other family members about the condition of the patient.

Personal items for the patient

- **The amount of personal items is limited to a minimum.**
 - Only the essentials (e.g. toiletries, nightwear, laptop) are allowed on the ward.
 - Don't bring any medication. All the necessary medication will be ordered by the ward.
 - Bringing your own towels and flannels is not necessary.
 - It is not allowed to bring food, with the exception of kosher meals.
- You can bring personal items for the patient in a closed, clean bag to the to-and-from desk in the reception hall (entrance east) of the Gasthuisberg campus.
- All personal items brought to the ward will stay there until the patient is being discharged.

GOING HOME

Collecting the patient from the hospital

- **The patient will be escorted to the parking area for 'gepland patiëntenvervoer' (planned patient transport) and can be picked up there at the agreed time.**
 - Follow the signs to 'spoed' (ER) on the Gasthuisberg campus ringroad.
 - Enter the ER parking and take the first exit right to 'zone gepland patiëntenvervoer' (planned patient transport area), up to the barrier.

- Announce yourself via the intercom at the barrier.
- Park your car on the reserved parking spaces behind the barrier. They are marked 'voorbehouden afhalen patiënt' (reserved for patient pick-up).
- Take the entrance for 'planned patiëntenvervoer' (planned patient transport). Follow the signs to 'afhalen patiënt' (patient pick-up) to the central dispatch desk for planned patient transport and give the name of the patient.
- Go back to the car and wait until the patient arrives.

Guidelines for personal items and clothes that have been in the hospital room

- Personal items and clothes will be returned home in a big pink bag. Leave the bag unopened for three days.
- Documents and forms will be returned home in a small pink bag. This you can open rightaway. Wash your hands thoroughly afterwards.
- Disinfect personal items with water that contains 1% of bleach: put 10 ml (1 table spoon) in a 1 litre bottle and fill it with tap water. If the equipment is not designed to withstand this, you can also use an alcohol solution.
- Use the warmest appropriate setting for washing clothes (preferably 60°C).
- Wash your hands after handling clothes and personal items. Wash them with water and soap or use a hydroalcoholic solution (of at least 60% alcohol). Washing takes at least 30 seconds. If at all possible, dry your hands with disposable towels.

AFTER BEING DISCHARGED FROM THE HOSPITAL: SELF-ISOLATION MEASURES FOR PATIENT AND HOUSEMATES

Patient

Start of your symptoms: / / (to be completed by the physician)

Self-isolate until: / / (to be completed by the physician)

- The decision to stop the self-isolation can only be taken by the GP. For this you must have reached the date of a minimal isolation term (7 days from the start of the symptoms) AND be at least fever-free for three days AND you must have seen an important improvement in the symptoms.
- Make sure to call your GP in case your symptoms get worse.

PATIENT: FOLLOW-UP OF YOUR SYMPTOMS AT HOME

Use the table below to follow-up on your symptoms during the time of self-isolation

- In the first column, tick the symptoms you have at the start of the registration (yes/no). For please register every morning and every evening whether your symptoms have increased (↑) or decreased (↓). Encircle the appropriate symbol for every symptom.
- For 'temperature' fill out the exact value, up to 1 decimal point.
- If a particular symptom has completely disappeared, you can cross out the box for that part.
- Physicians and care providers can use this info for future care management.

Date	/ /		/ /		/ /		/ /	
	Symptom at day 1 of registration		morning	evening	morning	evening	morning	evening
Temperature	°C		°C	°C	°C	°C	°C	°C
Short of breath	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Coughing	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Phlegm	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Pain	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓

Date	/ /		/ /		/ /		/ /	
	morning	evening	morning	evening	morning	evening	morning	evening
Temperature	°C	°C	°C	°C	°C	°C	°C	°C
Short of breath	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Coughing	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Phlegm	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Pain	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓

After 3 days without symptoms, you can stop filling out the table.

If you return to the hospital within two weeks of the start of your corona-infection: wear a face mask.

Additional information: the home nurse, GP ... who comes to your house can decide to extend your stay. If you have questions about this, it is best to discuss these with the care providers themselves.

ion.

temperature, fill out the exact value in the first column, up to 1 decimal point. After that, (↑), have remained the same (=), or have decreased (↓).

particular date.

/ /		/ /		/ /		/ /		/ /	
morning	evening	morning	evening	morning	evening	morning	evening	morning	evening
°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
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↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓

/ /		/ /		/ /		/ /		/ /	
morning	evening	morning	evening	morning	evening	morning	evening	morning	evening
°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓

the mask and report that you are/have been infected with the coronavirus.

or increase the use of PPE during your care, depending their own working arrangements. If

TIPS FOR CORRECT SELF-ISOLATION

PATIENT

MAIN RULES:

- Continue to **self-isolate** for as long as you have symptoms: avoid your workplace or public areas, don't use public transport ...
- **Stay away from other people:** including your own family members. Don't let any other people in either. Always keep a **safe distance of at least 1.5 metres**. Cover your nose and mouth when in the company of others.
- **Your own clothes and personal items (e.g. mobile phone, tablet ...):**
 - Disinfect personal items with water that contains 1% bleach (= 1 table spoon) in a 1 litre bottle and fill it up with tap water. If the items are not designed to withstand this, you can also use an alcohol solution.
 - Use the warmest appropriate setting for washing clothes (preferably 60°C).
 - Wash your hands after touching dirty laundry (see below).
 - Documents that you have touched can also be touched by other people. They have to wash their hands thoroughly afterwards.

LIVING TOGETHER DURING SELF-ISOLATION:

- If possible, stay and sleep in a **separate, well-ventilated room**.
- If possible, use **another bathroom and another toilet**.
- **Open the windows** of the room you're staying in **several times a day**.

HUISGENOTEN

MAIN RULES:

- Bear the tips above in mind, and make sure the guidelines are being **followed**.
- **Avoid close contact with the patient.** If possible only **one person** looks after the patient. Prevent that people with chronic respiratory disorders, people with immunity problems and the elderly come in contact with the patient. If necessary they have to move out temporarily.
- If you share the same toilet, **disinfect the toilet** thoroughly after every use. Close the lid before you flush the toilet.

- **Cover your nose and mouth when you cough or sneeze** with a handkerchief or a paper tissue. Immediately throw the tissue away in a linen bag or a closed-off bin. If you do not have a tissue, cough or sneeze in the crook of your elbow or the inside of your sweater.
- **Immediately wash your hands after coughing or sneezing, after every toilet use and after every contact with dirty linen.** In addition, members of your household should wash their hands several times a day with water and soap or a hydro-alcoholic solution (of at least 60% alcohol). Washing takes at least 30 seconds.
- Preferably dry your hands with **disposable towels**. Collect towels as soon as they're wet in a linen bag and put the entire bag in the washing machine.
- **Do not share objects** (towels, bedding, toothbrush ...) with others. After use, wash utensils (plates, cutlery ...) with water and soap.
- Have your **meals separately**.
- **Disinfect all surfaces once a day** (tables, door handles, floors ...) with water with 1% bleach (10 ml bleach per litre water).
- **Clean the toilet after a bowel movement.** Close the lid, flush and wait five minutes. Then clean the toilet with water and 1 per cent bleach. Do not mix bleach with other cleaning products.

AFTER YOU HAVE BEEN DISCHARGED FROM THE HOSPITAL, YOU CAN CONTACT THE UZ LEUVEN **SOCIAL SERVICES DEPARTMENT** ON TEL. **016 34 86 20** FOR QUESTIONS ABOUT YOUR ADMISSION TO THE COVID-19 WARD OR ABOUT CARE SUPPORT AT HOME, PSYCHOSOCIAL AFTERCARE ...

Design and concept: communications department UZ Leuven - 30 October 2020

