

# COVID-19 Guidance for people going on leave or being discharged from wards

## HELP CONTROL THE VIRUS

To Protect Yourself and Others, When You Leave, please ensure that you:



### WASH YOUR HANDS REGULARLY

Wash for at least 20 seconds.  
Use alcohol based hand sanitizer if soap and water is not available.



### COVER YOUR FACE

Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.



### MAINTAIN YOURSPACE

Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).



### CATCH IT, BIN IT, KILL IT

Use a tissue to catch a cough or sneeze. Bin the tissue. Wash your hands. Alternatively, cough or sneeze into your elbow.

**The Government have introduced a local restriction tier system which commenced on Wednesday 2 December 2020. This applies tighter restrictions where the prevalence of the virus is highest.**

There are 4 tiers for local restrictions:

- Tier 1- Medium alert
- Tier 2- High alert
- Tier 3- Very High alert
- Tier 4- Stay at Home

An inpatient ward is defined as their household (i.e. the ward an inpatient is on).

### **All tiers**

Across all tiers, everyone:

- must wear a face covering in most indoor public settings, unless they have an exemption
- should follow the rules on meeting others safely
- should attend school or college as normal, unless they are self-isolating.
- should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling
- must follow the gathering limits at their tier except for in specific settings and circumstances.

Find out what measures apply in your tier, the best way to check what tier applies in your area is through the [Postcode Checker](#). You can also use the NHS COVID-19 app.

***Please Note:*** *There are Tier restrictions in place for the Christmas period and these should have been pre discussed with your clinician prior to leave being granted.*

If you are being discharged from the ward please access the [GOV Website](#) for further advice and guidance on local restrictions and Tier information.

<https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>

### **WHAT A FACE COVERING IS**

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth. You may also use a scarf, bandana, religious garment or hand-made cloth covering but these must securely fit round the side of the face.

Face coverings and masks are largely intended to protect both the wearer and others, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

## WHAT A FRSM FACE MASK IS

A fluid-resistant surgical mask, known as FRSM, is a loose-fitting disposable mask that covers your nose and mouth. Some loop around your ears and some tie around the back of your head. These masks **MUST** cover both the nose and mouth.

## WHEN TO WEAR A FACE COVERING OR A FACE MASK

In England, you must wear a face covering or face mask in the following indoor settings (a list of examples for each is included in the brackets):

- Public transport (aero planes, trains, trams and buses)
- Taxis and private hire vehicles
- Transport hubs (airports, rail and tram stations and terminals, maritime ports and terminals, bus and coach stations and terminals)
- Shops and supermarkets (places which offer goods or services for retail sale or hire)
- Shopping centres (malls and indoor markets)
- Auction houses
- Premises providing professional, legal or financial services (post offices, banks, building societies, high-street solicitors and accountants, credit unions, short-term loan providers, savings clubs and money service businesses)
- Premises providing personal care and beauty treatments (hair salons, barbers, nail salons, massage centres, tattoo and piercing parlours)
- Premises providing veterinary services
- Visitor attractions and entertainment venues (museums, galleries, cinemas, theatres, concert halls, cultural and heritage sites, aquariums, indoor zoos and visitor farms, bingo halls, amusement arcades, adventure activity centres, funfairs, theme parks, casinos, skating rinks, bowling alleys, indoor play areas including soft-play areas)
- Libraries and public reading rooms
- Places of worship
- Funeral service providers (funeral homes, crematoria and burial ground chapels)
- Community centres, youth centres and social clubs
- Exhibition halls and conference centres
- Public areas in hotels and hostels Storage And Distribution Facilities

You are expected to wear a face covering or face mask before entering any of these settings and must keep it on until you leave unless there is a reasonable excuse for removing it.

You should also wear a face covering or face mask in indoor places not listed here where social distancing may be difficult and where you will come into contact with people you do not normally meet.

HPFT recommends that an FRMS face mask is worn in all HPFT sites, and in other NHS settings, including hospitals and primary or community care settings, such as GP surgeries. They are also advised to be worn in care homes.

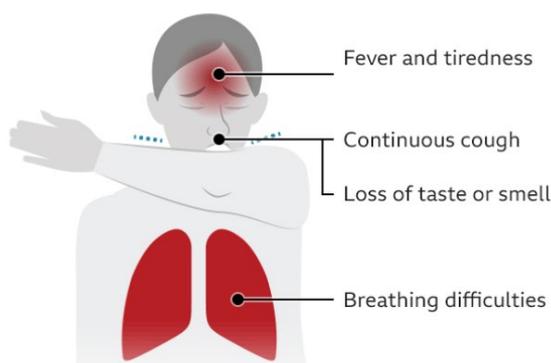
## WHEN YOU DO NOT NEED TO WEAR A FACE COVERING OR FACE MASK

In settings where face coverings or face masks are required in England, there are some circumstances where people may not be able to wear a face covering or a face mask. Please be mindful and respectful of such circumstances, noting that some people are less able to wear face coverings or face masks, and that the reasons for this may not be visible to others.

This includes (but is not limited to):

- Children under the age of 11 (Public Health England do not recommended face coverings or face masks for children under the age of 3 for health and safety reasons)
- People who cannot put on, wear or remove a face covering or face masks because of a physical or mental illness or impairment, or disability.
- Where putting on, wearing or removing a face covering or face mask will cause you severe distress
- If you are speaking to or providing assistance to someone who relies on lip reading, clear sound or facial expressions to communicate.
- To avoid harm or injury, or the risk of harm or injury, to yourself or others – including if it would negatively impact on your ability to exercise or participate in a strenuous activity.

## WHILST ON LEAVE, IF YOU DEVELOP ANY OF THE FOLLOWING CORONAVIRUS SYMPTOMS



**PHONE 111 FOR ADVICE  
AND  
CONTACT THE WARD**

If you have developed any of these coronavirus symptoms, please phone the ward before returning, to gain advice on how best we can support you whilst also protecting the other service users on the ward.

On return to ward you may be asked to isolate and be re-swabbed.