



Respite **Harold's Cross**
Rehabilitation **Blackrock**
Reassurance **Wicklow**

COVID-19

Information for Patients & Residents



What is a Coronavirus?

Coronaviruses are a large family of viruses that circulate among animals including camels, cats and bats. Coronaviruses are zoonotic, meaning that they can be transmitted (spread) from animals to humans. Coronaviruses cause illness in humans ranging from the common cold to more severe respiratory (lung) diseases.

What is the 2019 novel Coronavirus?

A novel (new) coronavirus that has not previously been seen in humans was identified in Wuhan, China in December 2019. This virus is called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) and the disease that it causes is called Coronavirus Disease 2019 (COVID-19).

How does COVID-19 spread?

The virus can be spread either:

- Directly - through contact with an infected person's body fluids (e.g. droplets from coughing or sneezing).
- Indirectly - through contact with surfaces that an infected person has coughed or sneezed on and which are, therefore, contaminated with the virus.

What are the symptoms of COVID-19?

It can take up to 14 days for symptoms of coronavirus to appear. They can be similar to symptoms of a cold or flu.

Common symptoms include but are not limited to the below:

- **Fever** (high temperature - 38 degrees Celsius or above).
- **Cough** (new or worsening) - this can be any kind of cough, not just dry.
- **Tiredness**
- **Loss of smell / taste.**

Less common symptoms include but are not limited to the below:

- Sore throat
- Headache
- Aches & pains
- Diarrhoea

Serious symptoms include but are not limited to the below:

- Loss of smell / taste
- Loss of speech or mobility, or confusion
- Chest pain

If you think you have been exposed to COVID-19 or you are displaying any of the symptoms of COVID-19, please tell a member of our Clinical team immediately. This is very important and will help us to protect vulnerable patients in our care.

For the most up to date symptoms please visit www.hse.ie

How can I protect myself against COVID-19?

The best ways to prevent person to person spread of COVID-19 are as below:

- Clean your hands properly and often.
- Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze. Do not use your hand, as doing so can allow germs onto your hands which you then leave on surfaces you touch.
- Put used tissues into a bin and wash your hands immediately.
- Do not touch your eyes, nose, mouth or face.
- Practice social distancing - leave at least 1 metre (3.2 feet) between you and others in all situations.
- Limit social interactions in person - phone your loved ones to catch up instead.
- Clean and disinfect frequently touched objects and surfaces.
- Do not shake hands or hug people you meet.

Your Clinical team will answer any specific queries or concerns you may have upon admission.

Vaccination helps to significantly reduce the impact and spread of COVID-19 by offering a degree of protection to our residents. There is evidence that vaccination reduces the risk of transmission as well as the severity of the disease in those who are vaccinated. The vast majority of our residents, staff and on-site volunteers have now been offered vaccination and are fully vaccinated.

When should I carry out hand hygiene?

Clean your hands regularly throughout the day and pay special attention to performing hand hygiene at the following times:

- After coughing or sneezing.
- Before and after eating.
- Before and after preparing food.
- If you were in contact with someone who has a fever or respiratory symptoms (cough, shortness of breath, difficulty breathing).
- Before and after being on public transport or in a crowd (especially an indoor crowd).

Wash your hands with soap and running water when hands are visibly dirty. If your hands are not visibly dirty, wash them with soap and water or use an alcohol-based hand rub.

How to carry out correct hand hygiene:

1. Wet your hands with warm water and apply soap.
2. Rub your hands together until the soap forms a lather.
3. Rub the top of your hands, between your fingers and under your fingernails.

4. Do this for about 20 seconds.
5. Rinse your hands under running water.
6. Dry your hands with a clean towel or paper towel.

Protecting patients & residents at Our Lady's Hospice & Care Services:

The safety and well-being of our patients, residents and staff is of the upmost importance to Our Lady's Hospice & Care Services and our staff are trained to the highest standards of infection prevention control measures.

Please adhere to the social distancing markers when moving about the site

When you enter the site, you will notice that our staff wear face masks/ coverings when moving about the building and all staff wear face masks on the on our Wards Please note there may be times when you will be required to wear a facemask. Staff will advise you when this is necessary.

If you have any queries please speak with a member of our Clinical team.

Visiting at Our Lady's Hospice & Care Services:

Please note that any family or friends visiting will be asked will be asked to wear a face mask / face covering when onsite. Staff will be available to advise. For up to date visiting information please visit www.olh.ie or speak with a member of our Clinical team.

Where can I find out more?

For further information please visit or phone:

- HSE: www2.hse.ie/coronavirus
- HSE Helpline: 1850 24 1850
- Department of Health: www.gov.ie/en/organisation/department-of-health/



Our
Lady's
Hospice
& Care
Services

*Respite
Rehabilitation
Reassurance* **Harold's Cross
Blackrock
Wicklow**



Harold's Cross,
Our Lady's Hospice
& Care Services,
Harold's Cross, D6W RY72.
T: +353 (0)1 406 8700
E: info@olh.ie

Blackrock,
Our Lady's Hospice
& Care Services,
Sweetman's Avenue,
Blackrock, A94 F8D9.
T: +353 (0)1 206 4000
E: blackrockhospice@olh.ie

Wicklow,
Our Lady's Hospice
& Care Services,
Magheramore, Co Wicklow,
A67 A446.
T: +353 (0)1 406 8888
E: wicklowhospice@olh.ie

Visit: www.olh.ie    

CHY 1144
RCN 20001827
Company number. 352404