



Admission to NGH



**Northampton
General Hospital**
NHS Trust

Introduction

We know our patients may be concerned about being in hospital whilst there is a pandemic of Covid-19.

We are doing everything we can do to protect our patients and staff. Some of the measures include swabbing all patients on admission to hospital and possibly during your stay, more frequent hand hygiene, enhanced cleaning, social distancing and the wearing of protective equipment such as face masks, eye protection, aprons and gloves.

Despite all these measures there remains some risk of exposure to COVID-19. We have written this booklet to provide you with some advice on things you can do to reduce the risk of you becoming infected.

Hand hygiene

Please use the hand gel provided whenever you enter or exit the hospital site, after using the toilet, before eating or drinking and if you take off a face mask.

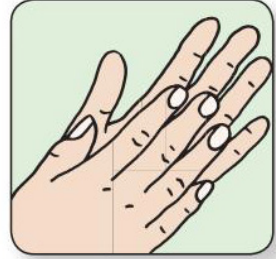
Hand washing with soap and water is the best way to remove any traces of virus from the hands. Alcohol hand gel is also very effective and is an alternative which is available at the end of hospital beds and outside bays. If you cannot reach the hand gel please let staff know and they can make it accessible for you.



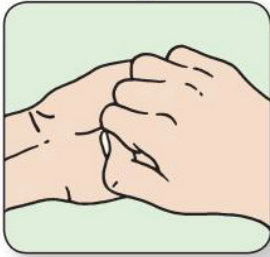
1. Palm to palm.



2. Right palm over left dorsum and left palm over right dorsum.



3. Palm to palm, fingers interlaced.



4. Backs of fingers to opposing palms with fingers interlocked.



5. Rotational rubbing of right thumb clasped in left palm, then vice versa.



6. Rotational rubbing, backwards and forwards with clasped fingers of hand in left palm then vice versa.

Facemasks and Social Distancing

We now have social distancing measures in place throughout the hospital, including a one-way lane system in our corridors. When it is possible for you to do so, please adhere to the posters and signage on social distancing. Visitors and those attending outpatient appointments are expected to wear face coverings. You will see staff wearing surgical masks and you may be asked to wear a mask yourself. Please make sure you dispose of your mask correctly in one of our designated yellow bins.

In ward areas, all staff should be wearing surgical face masks and some will be wearing different masks called FFP3. This is nothing to worry about and for us has become a new normal way of working. In some areas staff may also be wearing gloves, gowns and aprons.



Step 1:

Hold the mask via the ear loops, and ensure that it cover mouth and nose. Then place loops over your ears.



Step 2:

Pinch the metal strip or stiff edge of the mask so it takes of the your nose bridge.



Step 3:

Once the mask is soiled, remove it by holding the ear too.



Step 4:

Dispose soiled mask into the bins.



Step 5:

Wash your hands thoroughly with soap and water after disposing the mask.

Useful website

www.nhs.uk

www.northamptongeneral.nhs.uk

Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0300 123 1044, email: smokefree@nhft.nhs.uk and pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 523442 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, email: pals@ngh.nhs.uk

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