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| **GUIDE FOR VISITORS TO LOVED ONES IN HOSPITAL** | [NHSGGC eHealth (@NHSGGCeHealth) | Twitter](https://www.google.co.uk/url?sa=i&url=https://twitter.com/nhsggcehealth&psig=AOvVaw05H_T3KDHCGUfZqCwJoLFs&ust=1586528194829000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLD6h5_E2-gCFQAAAAAdAAAAABAD) |

We are all aware of what a difficult time this is and how hard it must be to have the restrictions to visiting in place. By observing this guide you will help keep yourself and others safe.

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| ON ARRIVAL AT THE WARD:   * Wash your hands in soap and water for 20 seconds. * Roll up any sleeves and take off jewellery and watches that may be on your wrist * Identify yourself to a member of the health care team who will show you the correct way to put on the personal protective equipment (PPE). * You should wear a mask, eye protection, apron and gloves. |

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| DURING YOUR VISIT:   * Please don’t touch your face, the mask or the eye protection. * It may be difficult but please only touch your loved one with your hands, don’t hug or kiss them. |

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| AFTER YOUR VISIT:   * A member of staff will show you how to remove your PPE. * Gloves come off first, they will be put in the bin and then you wash your hands again before removing the rest of the PPE and washing your hands again. * Also wash your forearms, or remove the outer garment and place in a plastic bag. * If you have been using your phone to contact other members of the family with your loved one then wipe clean the phone with an alcohol wipe. * Wash your hands again in soap and water for 20 seconds before leaving the ward. |

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| IF YOU ARE DRIVING HOME:   * On arrival wipe the steering wheel, controls and door handles with sanitiser or an alcohol wipe (these can be provided by the ward if you don’t have them) |

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| ONCE HOME:   * Remove your shoes and coat/outer clothes and leave outside or at the door. * Wipe down keys and glasses and handbag with a damp soapy cloth. * Remove clothes and put straight in the washing machine, along with any outer garments that you placed in a plastic bag. * Wash at the highest temperature for those garments. * Go straight to the shower and wash hair, body and face with soap/shampoo. * Wipe the handles of the shower/washing machine and wash your hands again. * While it will be difficult, try to take care of yourself at this difficult time |