|  |  |
| --- | --- |
| **GUIDE FOR VISITORS TO LOVED ONES IN HOSPITAL** | NHSGGC eHealth (@NHSGGCeHealth) | Twitter |

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.

|  |
| --- |
| 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.
 |

|  |
| --- |
| 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.
 |

|  |
| --- |
| 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.
 |

|  |
| --- |
| 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)
 |

|  |
| --- |
| 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
 |