



Public Health  
England

**NHS**

# Staying safe from coronavirus while you are in hospital



Easy read version





## Staying safe from coronavirus while you are in hospital



Some people who have coronavirus don't know they have got it because they don't have any symptoms. You might hear this being called 'asymptomatic'.

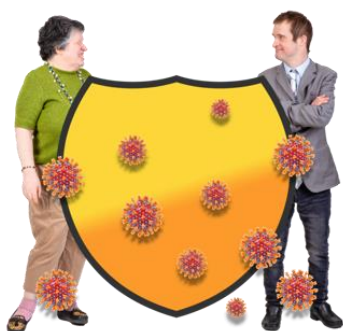


This can mean that they can give coronavirus to other people.



Our hospital looks after people who are sometimes very ill.

Our staff see lots of patients every day.



This means it is important that we all do our bit to stop coronavirus spreading.



**Hands  
Face  
Space**



## Hands

Wash your hands often.

[Here is a useful leaflet about how to wash your hands the right way.](#)

Try not to touch your face as it can spread coronavirus.



## Face

Wear a mask at all times in the hospital.

If you do not have to wear a mask talk to your care team about what to do.



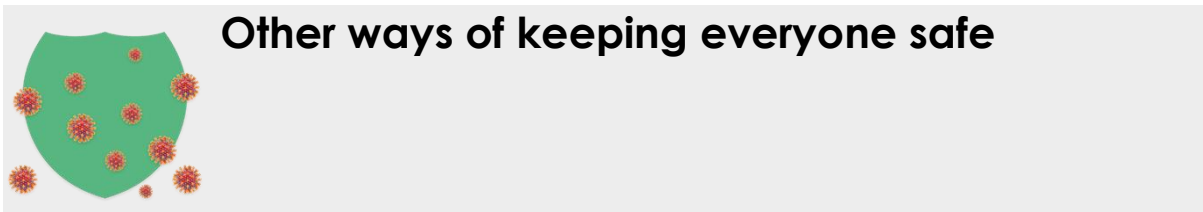
## Space

Keep two metres apart from other people.



Anyone who comes to the hospital with you must follow the rules for

## Hands, Face, Space



Do not sit on other patients' beds or seats.



Do not share food and drink or other things like newspapers.



Do not pick up or move items for other patients.



Do not help other patients to walk or move about.



These rules must also be followed for your carers and visitors.

**If you need something, please ask the staff**



## Stay in one place



Moving around the hospital can spread coronavirus.

Do not visit other parts of the hospital unless you are asked to by staff.



If you are asked to stay in a waiting or treatment area, please stay there.



If you need to go somewhere, for example to get some fresh air or buy food, check with your care team first.



We test people in hospital, to see if they have coronavirus.

This is to keep everyone safe.

Please have a test if you are asked to.



If the tests show you have coronavirus you will be moved to a new room.

This is to make sure you get the right care.

This is to keep everyone safe.



## Working together to protect each other



Hospital staff will also follow the rules for

**Hands, Face, Space,**

but sometimes they may need to work closely together.



## Any questions?



If you have any questions, ask a member of staff.