

## Contact us

You can contact our team/service in any of the following ways:



Please contact the team for more information or ask to speak to your Care Co-ordinator.



You can find more information by visiting



[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

If you would like this information in a different language or format, including Easy Read or BSL, please contact [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

如果您想要將本信息用其他语言或格式显示，请联系 [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Heke hûn dixwazin ev agahdariyê di zimanek cuda an formatê bixwazin kerema xwe ji [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net) re têkilî bikin

Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਖਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)



Derbyshire Healthcare  
NHS Foundation Trust

# Keeping you well in the community

Coronavirus (COVID-19)

Information for patients, carers and  
families



## Coronavirus (COVID-19)

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus and how it spreads to protect yourself and others from infection.

### Keeping you well in the community

We want to ensure that we care for you to the best of our ability during this uncertain time. We thought it would be helpful for you to understand how things may be different for you.

### What will be different in the community

- In order to reduce the spread of the infection we may need to limit face to face contact with you
- You may be offered a telephone appointment or asked to attend a community base rather than have a visit to your home
- You may find that your appointments are shorter than usual
- You may need to be seen by someone who is not your regular worker
- You will still receive regular medication however staff may need to wear gloves, aprons, masks, head coverings and shoe coverings when caring for you
- You will see staff washing their hands more frequently, using soap and water
- Staff are there to support you, however they may take a little longer than usual to do things

- Appointments may need to be changed or cancelled at short notice. Staff will keep you up to date however it would help if you could contact to confirm your appointment the day before you are due to attend.

### Patients, carers and families

#### What you can do to help

- Please do not attend appointments if you have a dry cough or feel hot to the touch or if someone in your household has these symptoms
- Please let staff know if you have been in contact with someone who has recently travelled abroad or has become unwell
- It is important you maintain your distance from people. Stand 2 metres or 3 steps away from others
- When you cough or sneeze please use a tissue to cover your mouth and nose then throw this in the bin. If you don't have a tissue use your sleeve not your hands. Please wash your hands afterwards
- Washing your hands more than usual for 20 seconds with soap and water is very important
- Use hand sanitiser to keep your hands clean
- Do not touch your eyes, nose or mouth if your hands are not clean
- Carers and family members must not support you to attend appointments if they are unwell or have spent time with people who are unwell
- Please contact your usual team if your needs change or your symptoms worsen within their usual working hours.