

# A guide to safer visiting

17 June 2022



Leicestershire Partnership  
NHS Trust

We recognise how important visits are to the wellbeing of our patients and their loved ones. Our wards and services are open to visitors. This leaflet takes you through some of the changes we have put in place to help keep visitors, patients and staff safe.

## Please postpone your visit if you feel unwell or have any of the following symptoms:

- Any symptoms of a respiratory infection (including flu and Covid-19):
  - continuous cough
  - high temperature, fever or chills
  - loss of or change in your normal sense of taste or smell
  - headache that is unusual or longer lasting than usual
  - sore throat, stuffy or runny nose.
- Are known to be Covid-19 positive or are isolating (visit <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/> for latest guidance).
- Diarrhoea, feeling sick or have been sick in the last 48 hours.

## Your visit

If you are at high risk of developing serious illness, despite your vaccination status, please ring before your visit and speak with a member of the nursing team.

Please ensure you have washed your hands (for at least 20 seconds, with warm water and soap or cleaned them with alcohol hand sanitiser). **In most circumstances, you will not need to wear a mask, but to keep you, our patients and staff safe, you may be asked to wear a mask when appropriate. We appreciate your compliance.**

## At the end of your visit

Please use hand sanitiser at the end of the visit or upon leaving the ward. If a face mask has been worn, ward staff will advise you how to remove it and discard of it safely.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

## If you are unable to visit - you can send a message to a loved one

LPT's 'Message to a Loved One' service has been established to help in-patients keep in touch with their loved ones when visits can't be made in person. To find out more about the service please visit: [www.leicspart.nhs.uk/contact/patient-advice-and-liaison-service-pals/message-to-a-loved-one/](http://www.leicspart.nhs.uk/contact/patient-advice-and-liaison-service-pals/message-to-a-loved-one/) . If you have any questions please contact our Patient Advice and Liaison Service (PALS):  
Tel: 0116 295 0830 Email: [lpt.pals@nhs.net](mailto:lpt.pals@nhs.net)

For the latest information on visiting please visit:  
[www.leicspart.nhs.uk/latest/covid-19-latest-information/covid-19-visiting/](http://www.leicspart.nhs.uk/latest/covid-19-latest-information/covid-19-visiting/)  
[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk) Email: [lpt.pals@nhs.net](mailto:lpt.pals@nhs.net)

## How to put on your mask safely



Clean your hands before touching the mask.



Inspect the mask for tears or holes. Find the top side, where the metal piece or stiff edge is.

Ensure the dark coloured-side faces outwards.

Place the metal piece or stiff edge over your nose.



Adjust the mask to your face without leaving gaps on the sides.



When in use avoid touching your mask. Clean your hands if you reposition your mask when in use.



Remove the mask away from your face by holding only the straps/ear loops, avoid touching the front of the mask or allowing the used mask to touch you or surfaces.

Discard the mask immediately after use, preferably into a closed bin.



Clean your hands after discarding the mask.



## How not to put on mask



Do not use a ripped or damp mask.



Don't allow your nose to poke out from the mask



Do not wear a loose mask. Do not touch the front of the mask.



Do not remove the mask to talk to someone or do anything that would require touching the mask.



Do not leave your used mask within the reach of others or on surfaces.



Do not re-use the mask.