



Raedwald Children's Ward
 Ipswich Hospital
 Tel: 01473 702737 (8 am – 6 pm, Monday to Friday)
 If your query is outside these hours, call 01473 702194

Children's Elective Care Unit
 Colchester Hospital
 Tel: 01206 744237



**East Suffolk and
 North Essex**
 NHS Foundation Trust

Information for children coming into hospital theatres during Coronavirus (COVID-19)

The start of the journey

Our doctors have decided they would like you to have a procedure in hospital. We want to make sure you, your family and carers are safe when you come to see us.

You have probably heard people talking about Coronavirus (COVID-19). It is a tiny germ that can cause a serious infection in some people. To make sure we keep everyone safe, we have to ask you to follow a special journey plan.



Staying at home

We will ask you and your family to stay at home for two weeks. That's 14 days. Your parent or carer will let us know if this is not possible. It may seem like a long time, but this means you or your family are less likely to catch the infection, or pass it on to others in the hospital.

You can still play games, read books and have fun with your family, but this must be in your home or in your garden.

Unfortunately visits to the park or the beach will have to wait until after your visit to hospital. You can see and speak to your friends on the computer or phone with an adult helping you.



THINGS YOU CAN DO AT HOME



Coronavirus (COVID-19) nose and throat swabs

Illustration by
Amaya, age 11

About three days before your visit to the hospital, you and your parent or carer will all have a swab done to make sure none of you have Coronavirus (COVID-19). This will be done at a small testing centre within the hospital grounds.

The swab is done with a cotton bud that the nurse will use to tickle your throat and nostril. It doesn't really hurt and it is done super-fast, but it can be a little bit scratchy.

We will ring your parent or carer before you come back to hospital again to check you are feeling well and to share your test results.

If everything is ok we will know it is safe to go ahead with our plans.

If either of you do have Coronavirus (COVID-19) we will be able to rearrange your appointment and tell you what to do next.



On the day you come to hospital...

We are asking all parents, carers and children over the age of three to wear a face covering whenever they come to hospital. Please ask your grown up to show you our leaflet and video about this. It is on YouTube if you search for 'ESNEFT child friendly'. The face mask or covering means you can still speak and breathe and people can still speak to you. It is to protect you and keep you safe.

Illustration by
Emma Cable,
age 8



Special clothes (PPE)

You might have heard the word PPE a lot on the TV. It refers to special clothes that doctors and nurses need to use to keep patients and themselves safe.

It may make them look like spacemen or aliens, but they are smiling underneath those special clothes. Please ask your grown up to show you our video about PPE. It is on YouTube if you search for 'ESNEFT child's guide to PPE'.

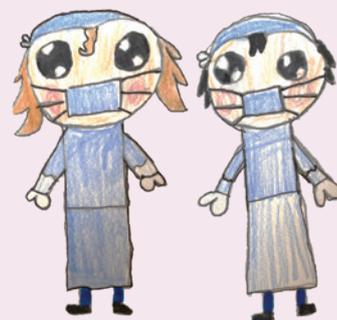


Illustration by
Emma Cable, age 8