



**The Queen Elizabeth
Hospital King's Lynn**
NHS Foundation Trust

It's time for a change

A guide to visiting and mask wearing at QEH

It's time for a change

At QEH, we've been carefully following various NHS recommendations and advisory notifications since COVID-19 first became a factor in our lives, early in 2020.

Thankfully, life is beginning to feel a lot more 'normal' for many of us in society, and alongside that, we've all seen a greater relaxation around risk prevention in our daily activities.

From Monday 13 June, we're taking our next step in the reduction of COVID-19 measures. This means changes to visiting and mask wearing rules.

Please take a read of our easy to understand update, which will help you stay safe, feel assured, and have confidence in the practices and people here at QEH.

Why now?

Throughout the pandemic we received regular updates on a national level, designed to help healthcare settings achieve the best possible infection prevention and control.

We received our latest guidance at the start of June, and are implementing changes in line with this.

What is the national guidance at this time?

For the large part, the recommendation is that we should look to move toward pre-pandemic practices in our hospital setting, taking into account our own risk assessments and ongoing appraisals of community disease.

What are the key regulations as of 13 June?

For QEH, you should note the following key regulations for visiting and/or being treated as a patient:

Masks

- All patients encouraged to wear a mask, regardless of symptoms
- Patients who test negative for COVID-19 will not be required to wear a mask
- Patients with confirmed COVID-19 will be asked to wear a mask at all times
- Patients with confirmed COVID-19 will be asked to wear masks at all times when outside their isolation room (or when having visitors in their isolation room)
- For staff, mask wearing is mandatory in clinical areas and requested or advised elsewhere

Distancing

- We are continuing to use the phrase **"Hands, Face, Ventilate."** Space will be observed where patient visiting is taking place. Please continue to respect space around others as you move through the hospital

Visiting

- Patients can have up to two visitors at any one time between 2pm and 8pm
- Compassionate visiting remains in place so do please seek out a member of staff on the appropriate ward for a conversation to discuss your needs
- Booking not required, but you may wish to check with ward staff
- Outpatients can continue to bring a chaperone
- Visitors encouraged to wear masks around the hospital, but in particular will be requested to wear them on wards

Testing

- Lateral flow tests are encouraged for all those intending to visit a patient in QEH
- Patients will be tested prior to, and on arrival at QEH wards

Is this different for Maternity/Critical Care?

Mask wearing is encouraged in clinical settings throughout QEH. No specific rules now apply for those giving birth or for birthing partners.

Where are masks still required?

In clinical settings and where requested to do so if an outbreak occurs or a test is as yet unconfirmed. Wearing of masks is still encouraged throughout QEH areas.

What if I still want to wear a mask?

You are of course welcome to continue to do so and should feel free to make that choice, whether you are a patient, visitor or staff member here at QEH. We respect your choice.

Is this in line with other hospitals in Norfolk?

Yes. We have been keen to remain in constant communication with our colleagues, particularly at sites such as James Paget and Norwich and Norfolk University Hospital.

Anything else I should consider before attending QEH?

If you have experienced vomiting or diarrhoea, please consider others and stay at home for at least 48 hours before coming to QEH as a visitor or patient.

What about updates?

Our team are committed to continually assessing rates of infection, the success of our policies and the views and experiences of our patients and visitors. Yes, you can expect regular updates, which will be shared on our website and in our social channels and other communications.

To request this document in a different language or format,
please contact **01553 613391** or email communicationsqeh@qehkl.nhs.uk

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