



All About the Coronavirus– What to expect if someone I know goes into hospital

Coronavirus is a type of illness that makes people feel poorly. People who have Coronavirus may:



- Have a sore throat
- Have a high temperature
- Have a cough
- Find it more difficult to breathe than normal



Most people who have Coronavirus will be able to stay at home and will start to feel better after 7 days. This is the same as 1 week.

During this time they will need to self-isolate. We have written a different document to help people understand what this means.



Some people who have Coronavirus will need more help to get better.



These people may need to go to hospital.

People might need to go to hospital because of Coronavirus if:

- They don't get better after 7 days
- They are finding it very hard to breathe
- A doctor tells them to go to hospital



If people have to go to hospital because of Coronavirus the doctors and nurses will have to take special care to make sure that other people don't catch the virus.



This means that you might not be able to visit the person in hospital. If you are allowed to visit the person you might have to wear Glasses, Aprons, Gloves and Face Masks.

This is to help keep you and other people safe.



You might feel sad that you can't see the person. You might still be able to speak to the person on the phone or using video call.



You might be able to send the person a card or a gift to let them know you are thinking of them, this will depend on what hospital they are in. You will need to check the rules first.



Lots of people who go to hospital because of Coronavirus will get better and will come home.



Some people with the virus will get very poorly and sometimes they will die.

When people die they:
Stop breathing
Stop talking
Stop moving
Stop feeling



This means that their body has stopped working.



This might feel different to when other people you know have died because you won't have been able to visit them to say goodbye.

The doctors and nurses at the hospital will try to be with people at this time so that they are not alone.



Confused

If someone you know dies it is okay to feel:

- Upset
- Angry
- Scared
- Worried
- Confused

Saying goodbye if someone you know dies



If you have known people who have died before you might have been able to go and say goodbye to them at a place called a chapel of rest.



Sadly, if someone dies because of Coronavirus they might not be able to have visitors in the chapel of rest.



This is because of ‘social distancing’ which helps to stop the virus from spreading.

They will still be looked after at the chapel, but you might not be able to go and see them.

Going to the funeral



The person will be able to have a funeral, this is a way of saying goodbye to people.

They might be buried or cremated.



The funeral will still happen, but it might be different to other funerals you have been to before.

Only a small amount of people will be able to go to the funeral, this means not everyone will get the chance to go.



If you do go to the funeral it will be smaller than usual and you might not be able to sit with other people or give them a hug to help them feel better.



This might be difficult.
There might not be an order of
service or a hymn book.



The people at the funeral might have
to wear masks.



Your loved one might not be able to
wear the clothes they would have
liked for their funeral.



You might not be able to help carry
the coffin or touch the coffin to say
goodbye.

The coffin will have to be a 'closed'
coffin.



You might not be able to bring
flowers.



You might see people at the funeral who you haven't seen for a long time.



You will not be able to greet them with a hug or a kiss, you will still need to stay 2 metres away from them.

After the funeral you will have to go back to **'social distancing'** meaning you won't be able to see them again until we are told this can stop. You will still be able to talk to them on the phone or by video if you want to.

Why you might not be able to go to the funeral:



Only people who are closely related to the person will be able to go to the funeral.



This usually means people's parents, children and partner. If you are not one of these people you might not be able to go to the funeral.



You will not be able to go to the funeral if you have any of the symptoms of Coronavirus or if you have been told to 'shield' yourself.



This is if you have been told by a letter from the government and your doctor that you must stay at home for 12 weeks.



What if I can't go to the funeral?
If you can't go to the funeral you will be able to find a different way to say goodbye:



- You might be able to listen to or watch the funeral online or on the phone
- You can have a small memorial service with the people you live with or plan a bigger one for when we don't have to do 'socially distancing' anymore.



- You can light a candle, plant some seeds, flowers or a tree.
- You can make something that reminds you of the person or do something nice to remember the person.



There is no right way to remember someone, do whatever you need to say goodbye in your own way.

For some ways of saying goodbye you might need to wait until 'social distancing' is finished but you can start planning now.



After the funeral

You might feel sad for a while or you might feel sad on some days and OK on others. This is normal.

You won't be able to see the person again, but you will be able to think about them and talk about them.



You might feel sad again on special occasions like birthdays or Christmas or when you see or hear something that reminds you of the person. It is OK to feel sad.

Other people you know might be feeling sad too.



You might find it hard not being able to see them and make them feel better but you can speak to them on the phone or send them something nice in the post.



It is good to talk to people about how you are feeling if you want to.

You can talk to your family, friends or support workers.

As time passes you should start to feel better.



If you do not start to feel better, ask someone for some extra help.

You might be able to see someone called a counsellor who can listen to how you are feeling or get some help from a local group.

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