

COVID-19 Prevention and Treatment on 9C Adult Inpatient Psychiatry

Your treatment team is always striving to create a therapeutic and safe environment within the community-style setting of our inpatient unit, even with the challenges of the pandemic.

What is COVID-19?

Coronavirus (COVID-19) is a an illness caused by a virus that can spread from person to person. The virus first occurred at the end of 2019 and rapidly spread around the world. COVID-19 is an abbreviation for “coronavirus disease 2019”.

What are the symptoms of COVID-19?

- Fever
- Cough
- Trouble breathing
- Feeling tired
- Chills
- Muscle aches
- Headache
- Sore throat
- Problems with sense of smell or taste
- Nausea
- Diarrhea
- Skin rash

Please let your nurse and provider know right away if you are having any of these symptoms. In most cases, symptoms improve in a few days or within a few weeks. Some people with COVID-19 have no symptoms, and a small number of people get very sick.

Is there a test for COVID-19?

Yes. The test used by Michigan Medicine is a small swab inserted into the nose to collect a sample from the back of your nose. The test may be uncomfortable and your eyes may water.

How does COVID-19 spread?

You can become infected with COVID-19 by being in close contact (about 6 feet) of a person who has COVID-19 when they cough, sneeze, or talk. You may also be able to get COVID-19 by touching things that have the virus on it, and then by touching your mouth, nose, or eyes.

What can I do to prevent COVID-19 for myself and others on 9C?

- Participate in COVID testing when recommended by your treatment team at Michigan Medicine.
- Wear a mask when outside of your room. Make sure the mask stays up over your nose and covers your mouth.
- Wash your hands or use hand sanitizer regularly, including:
 - before and after attending groups
 - before eating meals/snacks
 - before using shared objects such as the computers or exercise equipment
- Avoid touching your face- especially eyes, nose, and mouth.
- Practice social distancing- do your best to stay 6 feet away from other people.
- Eat your meals in your room
- Avoid sharing personal objects or food
- Answer questions truthfully when the nurses screen you for COVID-19 symptoms.

What do staff do to prevent COVID-19 on 9C?

- Staff are screened for symptoms before each shift and vaccinations are offered.
- Staff wash their hands, wear masks and also wear extra personal protective equipment (PPE) when working with COVID-19 positive patients.
- The number of people in groups is limited to allow social distancing.
- Staff clean the areas of the unit throughout the day, including common areas where groups are held.

What will happen if I test positive for COVID-19 and I am a patient on 9C?

- You may be cared for in an another area of the unit with something called **Special Pathogen Precautions**.
 - This means that staff will wear special equipment when caring for you including a special mask, face shield, gown, and gloves.
 - You will also be asked to stay in this area of the unit until it is determined that you are no longer contagious to others.
 - If you develop symptoms of COVID-19 or test positive at any time after admission, you will be asked to stay in your room until you can be moved to the area with Special Pathogen Precautions.
- It is important for you to tell the staff caring for you about any symptoms or challenges you are experiencing so that they can work with you to make you comfortable.
- You will receive group therapy sessions from your room using technology support.
- If you need any additional support such as education, therapeutic activities, communication with the social worker, or spiritual care support please talk to the 9C staff.

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