healthwatch West Sussex

Whilst, as a country, we have moved to the next phase of learning to live with COVID this does not mean COVID has gone away. Hospital and healthcare settings still need to be extremely vigilant to limit the spread of infection because of the vulnerable people in their care. That means, in some cases, they need to take extra measures to those being used in our communities.

The NHS are seeing a rise in people coming into hospital for other reasons who also have COVID.

What can you do to help?

- Use the right services for your needs at the right time
- Save emergency services for saving lives
- Be patient with NHS staff, they are trying to keep people safe
- Wear a mask in hospital and healthcare settings
- If you can, have a lateral flow test before attending a healthcare setting

- Get your vaccines to protect yourself against COVID and flu

Read more

Healthwatch is your health and social care champion. We make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care. Please continue to share your experiences of GPs, hospitals, dentists, and social care services with us.

Need advice or information?

We can offer a lot of support and can signpost you to relevant information. Call our friendly Help Desk team on **0300 012 0122** or email helpdesk@healthwatchwestsussex.co.uk.