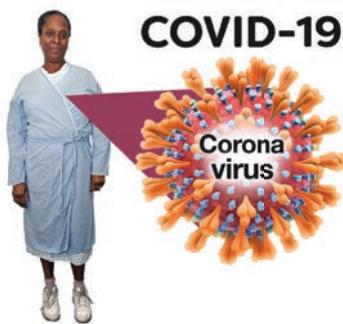




# How to help people who have COVID-19



You have been given this leaflet because you are in hospital and:



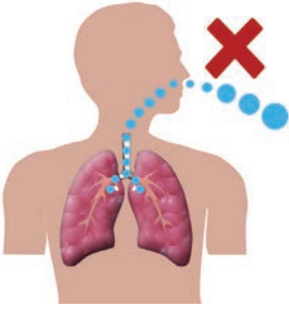
- You have COVID-19 or we think you have it. COVID-19 is also known as coronavirus.



- You are finding it hard to breathe because your body needs more oxygen.



Oxygen is in the air we breathe.  
You need oxygen to stay healthy.



COVID-19 stops your lungs working properly. It means you can't get enough oxygen into your lungs.



Giving you extra oxygen will help you feel better and breathe easier.

## What we are doing



In hospital we normally give most people oxygen in 3 ways.



We want to find out what is the best way to give enough oxygen to most people who have COVID-19.



We are asking patients in hospital to help us test which one is the best way. This is called a **Trial**.



The doctor will tell you which way you will get oxygen. You cannot choose which one you want.



The doctors will write down what happens and how well it works.



If you decide to be in the **trial** we will give you oxygen in 1 of these ways.



**Continuous Positive Airway Pressure. This is called CPAP for short.**



You put on a face mask that covers all of your face. Oxygen goes into the mask and you breathe it in.



Most people are fine but some people can:



- Feel uncomfortable or anxious when they wear the mask.



- Feel a bit sick. You might actually be sick.



- Get sore spots around your nose and mouth where the mask presses on your face.



If you get any of these things we will talk to you about whether you should stop **CPAP**.

## 2

**High Flow Nasal Oxygen. This is called HFNO for short.**



The nurse or doctor sits tubes in your nose. This will give you more oxygen.



Most people are fine with **HFNO**.



Some people can feel uncomfortable or anxious having the tubes up their nose.



If you feel like this we can talk to you about whether you should stop **HFNO**.

# 3

## Standard Care



You put on a small mask over your nose and mouth or some short tubes are put into your nose.



Most people are fine with the small mask or tubes.



Some people might feel uncomfortable or anxious.



It can also give you a dry mouth. You might feel like you need a drink.



## Deciding to be in the trial

There is no rush to decide if you want to join the trial. When you are ready tell our staff what you want to do.



If you have any questions or want more information about the trial you can talk to staff.



If you say yes you can change your mind at any time. You don't have to tell us why.



If you decide not to be in the trial we will still give you the best care that we can. You will still get oxygen when you need it.

Talk to your doctor or nurse if you are worried or have any questions.

# Collecting information about you



During the trial we will collect some personal information about you.

This might be things like:



- Your name and how old you are.



- Your telephone number, address and email.



- Information from the hospital and your GP about any illnesses you have or what you went to see them about.





If you decide you don't want to be in the trial anymore we will stop collecting information about you.

We will still keep the information we have already collected about you.

## How we will look after your personal information



This trial is happening in lots of hospitals in England, Wales, Scotland and Northern Ireland.



The University of Warwick is collecting all the information from the trial. They will keep it safe and private on the computer.



When the study has finished the university and hospital will keep the information for 10 years then delete it.

# Who will see your personal information



- Staff who are helping you with your care in hospital.



- Some staff at The University of Warwick.



Only staff who are working on this trial and need to see your information will be allowed to.



Other people who look at the information from the trial will not be able to see any of your personal information.



You might not be able to see or change any of the information we have about you.



## More Information

If you have any questions or are worried about the trial please talk to us.



If you are not happy about something and want to complain please tell us.

## You can:



Talk to staff at the hospital who are helping you with your care.



Look at our website for more information about the trial.  
[www.warwick.ac.uk/recovery-rs/](http://www.warwick.ac.uk/recovery-rs/)