

WHAT IF YOU CAN'T OR DON'T WANT TO VISIT?

Sometimes, there are reasons why a person on the Intensive Care Unit can't be visited at the moment. Maybe you don't want to visit, and that's perfectly okay.

However, you can still feel close, and here are a few tips to help you do that:

- You can paint a picture, write a letter, or provide a photo of yourself to be placed in the Intensive Care Unit.
- Record a video or a voice message with your mobile phone.
- Some Intensive Care Units offer video visits. If you'd like to do that, ask the Intensive Care Unit team if it's possible here.
- Choose a soft toy and give it to the Intensive Care Unit to keep the person company.
- Wear a sweater or T-shirt of your loved one or smell their perfume.
- Send good thoughts or a kiss with best wishes towards the hospital in the morning and evening.

WHAT CAN YOU DO IF YOU HAVE QUESTIONS OR WORRIES?

When a person is in the hospital, questions or worries can arise. You might feel sad or have a heavy heart. Or you might miss your sick family member at home. Many people feel this way, and it's important to share these feelings and thoughts.

Ask all the questions that are on your mind, whether at home or in the hospital, and express how you're feeling. Everyone on our team is here to help with your questions! If you want, let the people you care about give you a comforting hug from time to time. You can still go to school, make plans with friends, play, and keep yourself distracted. This way, you can take a break from feeling sad and gather strength.

YOUR VISIT TO THE INTENSIVE CARE UNIT

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Deutsche Interdisziplinäre Vereinigung
für Intensiv- und Notfallmedizin



WHAT IS AN INTENSIVE CARE UNIT?

Sometimes, people get sick. This can happen from outside the body, like an injury, or from inside the body, such as an illness.

There are mild illnesses that pass with a bit of time and assistance, and the body starts working properly again. However, there are also severe illnesses. In these cases, the sick person needs a lot of time, medicine, and help, and they have to stay in the hospital for a while. For people who are very critical ill, there are special units in the hospital called Intensive Care Units (ICUs).



An Intensive Care Unit is a special place. Many people work around the clock to ensure that the sick person receives all the help they need.

In addition, various beeping-machines, tubes, and screens also assist to monitor the sick person's recovery as best as possible. The smell and sounds are quite different from being at home.

Many sick people receive medications for a while that calm their body and mind. They might look like they are in deep sleep. Some of them also have a tube in their mouth or nose because a machine helps them breathe or they receive food through a tube.

CAN A PERSON BE VISITED IN THE INTENSIVE CARE UNIT?

Yes, the sick people in the Intensive Care Unit can receive visitors. However, not everyone at once, as that can become overwhelming. The people taking care of the sick person also need space.

During a visit, you can ask all your questions about the Intensive Care Unit, ask about the well-being of the sick person, and discuss anything that is new and important for you and your family. You can also usually gently touch the sick person, share stories (like what's happening at home or what's on your mind), or even sing softly. Even if the sick person appears very calm and looks as though they are sleeping, they can hear and feel your presence. They just can't respond or touch you back the way they normally would.

