

# COVID-19 how to work safely in care homes

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes>

When providing close personal care in direct contact with residents (i.e. touching) and or when unintended contact with residents is likely (e.g. when caring for residents with challenging behaviour) or within 2 metres of a resident who is coughing. This applies to all staff (care workers, cleaners etc) except aerosol generating procedures.

PPE	Explanation
Disposable gloves ✓	Single Use
Disposable Plastic Apron ✓	Single Use
Fluid repellent (Type IIR) surgical mask ✓	Can be used continuously while providing care until you take a break from duties. The mask is worn to protect you, the care worker and can be used while caring for a number of different residents regardless of their symptoms. You should remove and dispose of the mask if it becomes damaged, visibly soiled, damp or uncomfortable. You need a new mask when you restart your duties after a break.
Eye Protection	Recommended for care of some residents where there is risk of droplets or secretions from the resident's mouth, nose, lungs or from body fluids reaching the eyes (e.g. caring for someone who is repeatedly coughing). Use of eye protection should be discussed with your manager. Eye protection can be used continuously while providing care until you take a break from duties.

## Visiting a Hospital or Healthcare Setting

All visitors and outpatients, including staff accompanying residents to hospital or healthcare settings must wear a face covering. Some settings will require visitors and outpatients to wear a surgical mask and these will be provided by the setting. The mask needs to be worn throughout the duration of the time spent in the hospital ( only removed when eating and drinking) or defined differently in a COVID-19 secure area, this includes in corridors and other public areas of hospital.

# COVID-19 how to work safely in care homes

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes>

When within 2 metres of a resident but not delivering personal care or needing to touch them, and there is no-one within 2 metres who has a cough. E.g. when working in communal areas or tasks such as medication rounds, preparing food for residents who can feed themselves without assistance.

PPE	Explanation
Disposable gloves ✘	Required if for other reasons set out in standard infection prevention and control measures e.g. contact with bodily fluids or if your task involves anyone who is shielding.
Disposable Plastic Apron ✘	Required if for other reasons set out in standard infection prevention and control measures e.g. contact with bodily fluids or if your task involves anyone who is shielding.
Type II surgical mask ✔ A fluid repellent (Type IIR) surgical mask can be used if you are already wearing this or only Type IIR are available.	Can be used continuously while providing care until you take a break from duties. The mask is worn to protect you and can be used while caring for a number of different residents. You should remove and dispose of the mask if it becomes damaged, soiled, damp or uncomfortable. You need a new mask when you restart your duties after a break.
Eye Protection ✘	Not required

## Remember

Care staff should wash their hands:

- before leaving home
- on arrival at work
- after using the toilet
- after breaks and activities
- before food preparation
- before eating any food, including snacks
- before leaving work
- on arrival at home

# COVID-19 how to work safely in care homes

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes>

**Any other situation when in a care home and at a distance of 2 metres or more away from residents.**

These recommendations apply:

- when in a care home and not meeting conditions set out in Tables 1 or 2
- e.g. when working in staff only areas, such as staff common rooms, office, laundry room, kitchen.
- whatever the role (i.e. applies to all staff, care workers, cleaners, receptionists etc.) even if they do not deliver care

PPE	Explanation
Type I or Type II surgical mask ✓	<p>Type I or Type II surgical masks can be used continuously until you take a break from duties (e.g. to drink, eat, for break time if stepping outside of the care home or at end of shift when leaving the care home).</p> <p>You should not touch your face mask unless it is to put it on or remove it.</p> <p>You should remove and dispose of the mask if it becomes damaged, visibly soiled, damp, or uncomfortable to use.</p> <p>You need to use a new mask and put it on immediately after you have finished eating/ drinking or you are re-entering the care home after a break.</p> <p>If you have been providing care duties to residents (wearing PPE as per Table 1 or 2) and now are going to take a break or change duties to be working away from residents/ in staff only areas, you should remove your PPE, clean your hands and put on a new Type I or Type II face mask.</p> <p>Note: if only fluid-repellent Type IIR or Type II surgical masks are available then these may be used in this scenario if stocks are sufficient. Type IR surgical masks can also be used as an alternative.</p>

Note: this is not considered PPE, i.e. mask use in this scenario is not used for protection of the staff member but is to prevent them passing on COVID-19 from their mouth and nose to other people in the care home.

All other measures to protect staff and others should continue i.e. hand hygiene, respiratory hygiene, avoiding touching the face with hands, following standard infection prevention and control precautions and cleaning of frequently touched surfaces. Ensure social distancing.