



Care Homes and  
Domiciliary Care



Vale of York  
Clinical Commissioning Group

# Care workers



# What is Coronavirus or Covid19?

Coronaviruses are a large family of viruses which can cause illness. As a group, they are common across the world and in humans several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases. [COVID-19](#) is the infectious disease caused by the most recently discovered strain of coronavirus first identified in Wuhan City, China in January 2020



Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

# Symptoms of Covid 19?

Most common: **Cough, Fever, Difficulty breathing.**

Can include: **aches, pains, nasal congestion, runny nose, sore throat, diarrhoea.**



- Symptoms are usually mild and begin gradually.
- Some people become infected but don't develop any symptoms

# Coughs & Sneezes spread diseases!



Droplets from the nose or mouth are spread when a person with COVID-19 coughs, sneezes or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out, sneezes or exhales droplets. This is why it is important to stay 2m away from a person who is sick



# How can I protect myself and others?

**Wash hands  
often with  
liquid soap and  
warm water**

Avoid exposure!  
Social  
distancing

Avoid touching  
your eyes, nose  
& mouth

**Alcohol hand rub** is a useful  
alternative if inadequate or no  
handwashing facilities

Cover/catch coughs  
and sneezes:  
**Catch it, Bin it, Kill it**

Clean and disinfect  
frequently touched  
surfaces and objects

Stay at home if you feel  
unwell. Do not go to work



# When should I stay away from work?

## If you have symptoms:

You'll need to self-isolate for **7 days**.

### After 7 days:

- If you do not have a high temperature, you do not need to self-isolate
- If you still have a high temperature, keep self-isolating until your temperature returns to normal
- You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.



## If you live with someone who has symptoms

- You'll need to self-isolate for 14 days from the day their symptoms started. because it can take 14 days for symptoms to appear.
- If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.
- If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.
- If you do not get symptoms, you can stop self-isolating after 14 days.





## How can care homes minimise the risk of transmission?

To minimise the risk of transmission, care home providers are advised to review their visiting policy, by asking no one to visit who has suspected COVID-19 or is generally unwell, and by emphasising good hand hygiene for visitors. Contractors on site should be kept to a minimum. The review should also consider the wellbeing of residents, and the positive impact of seeing friends and family.





## What if a resident shows signs of Covid19?

Care homes are not expected to have dedicated isolation facilities for people living in the home but should implement *isolation* precautions when someone in the home displays symptoms of COVID-19 in the same way that they would operate if an individual had influenza. If isolation is needed, a resident's own room can be used. Ideally the room should be a single bedroom with en suite facilities.



Where a resident is showing symptoms of COVID-19, steps should be taken to minimise the risk of transmission through safe working procedures.

- All staff should be trained in **hand hygiene**
- Staff should use **personal protective equipment (PPE)** for activities that bring them into close personal contact. Aprons, gloves and fluid repellent surgical masks should be used
- New PPE must be used for each episode of care.
- It is essential that used PPE is stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste within the room. This should be put aside for at least 72 hours before being disposed of as normal





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**Infection.  
Prevention.  
Control.**  
You're in safe hands



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**Correct order for putting on and removing Personal Protective Equipment (PPE)**

**Order for putting on PPE**



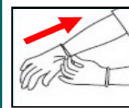
Pull apron  
over head and  
fasten at back of waist.



Secure mask  
ties at back of  
head and  
neck. Fit  
flexible band to nose bridge.



Place eye protection  
over eyes.



Extend gloves to  
cover wrists.

**Order for removing PPE**



Grasp the outside of  
the glove with opposite  
gloved hand, peel off.  
Hold the removed  
glove in the gloved hand. Slide  
the fingers of the ungloved hand  
under the remaining glove at the  
wrist and peel off.



Unfasten or break  
apron ties. Pull  
apron away from  
neck and shoulders  
lifting over head,  
touching inside of the apron only.  
Fold or roll into a bundle.



Handle eye  
protection only by  
the headband or the  
sides.



Unfasten the mask  
ties—first the  
bottom, then the  
top. Remove by  
handling ties only.

Personal protective equipment should be removed in the above sequence to minimise the risk of cross/self-contamination. Hands must be decontaminated following the removal of PPE.

(HP Loveday et al., epic3: National Evidence-Based Guidelines for Preventing Healthcare-Associated Infections in NHS Hospital in England *Journal of Hospital Infection* 86S1 (2014) S1-S70)

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Tel: 01423 557340 | [www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk) | August 2015

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- Regularly clean frequently touched surfaces such as handrails, door handles, light switches, toilets and flush handles .
- Personal waste (such as used tissues, continence pads and other items soiled with bodily fluids) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste within the room. This should be put aside for at least 72 hours before being disposed of as normal.



- Do not shake dirty laundry before washing. This minimises the possibility of dispersing virus through the air.
- Wash items as appropriate in accordance with the manufacturer's instructions.
- Dirty laundry that has been in contact with an ill person can be washed with other people's items.
- Items heavily soiled with body fluids, such as vomit or diarrhoea, or items that cannot be washed, should be disposed of, with the owner's consent.

**I had contact with a resident that has since tested positive for Covid 19; do I now need to self isolate?**

No.....unless you develop symptoms!

The risk of getting it from someone who has no symptoms is very low



If neither the care worker nor the individual receiving care and support is symptomatic, then no personal protective equipment is required above and beyond normal good hygiene practices.

You are fantastic and we want you to stay that way...Please take the time to look after your own health and well being too!

Here are some tips to help you:



**Keep communicating with friends, family and colleagues** talk over difficulties especially if you are feeling upset or anxious. We can all support each other.



**Limit checking in the news and social media** to once or twice a day. Too many times can add to stress and anxiety.



**Take a break away from your working area** go outside into natural light and get fresh air - it will help lift your mood and help you sleep.



**Eat as healthy as you can** and stay hydrated try to avoid too much caffeine.



**Prioritise sleep it is important** to keep you healthy and performing well at work. Anxiety can often make sleep harder but try not to worry, if this happens there are some great meditation and sleep apps available.



**Continue to make time for things** you do enjoy outside of work. These can be a welcome distraction and a good way to reduce stress.



**Exercise is great for your physical and mental health** - it is the best way to reduce stress and even a few minutes can help.

