

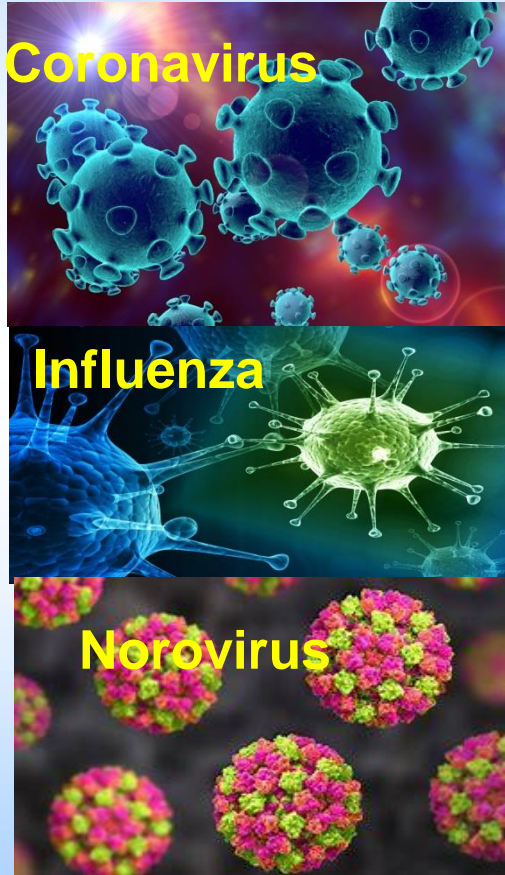


Are you prepared for Winter 2020?

Caroline Gent
Community Infection Prevention and Control
Oct 2020



The Challenge



In addition to COVID-19 continuing this winter, residents and staff in care homes are particularly susceptible to infections which normally increase over the winter months, such as seasonal influenza (flu) and stomach infections (such as Norovirus).



Starting Point

- Workforce with excellent Infection prevention control knowledge
- Workforce trained in correct use and disposal of PPE and correct hand hygiene
- Enhanced cleaning
- Social distancing between residents





1. Be Prepared

- Ensure all residents and staff are immunised against flu
- Infection Prevention and Control (IPC) policies up-to-date and followed by staff (infectionpreventioncontrol.co.uk/care-homes/policies/)
- Ensure all staff trained in personal protective equipment (PPE) donning and doffing?
(<https://www.youtube.com/watch?v=ozY50PPmsvE&feature=youtu.be>)
- Ensure staff and residents follow good hand hygiene at all times ([Hand-Hygiene-Audit-Tool-for-Care-Homes](#))
- Respiratory etiquette – display Catch it, Bin it, Kill it posters. (Tissues, bins, wipes for residents)





2. Identify Infections Early

- **Norovirus** symptoms are sudden onset of diarrhoea and/or projectile vomiting and nausea. Other symptoms include raised low-grade fever, headaches and stomach cramps
- **Influenza/respiratory infection** high temperature and acute onset of at least one of the following respiratory symptoms: cough (with or without sputum), hoarseness, nasal discharge or congestion, shortness of breath, sore throat, wheezing, sneezing OR an acute deterioration in physical or mental ability without other known cause
- **COVID-19** symptoms are a new continuous cough, high temperature and a loss of, or change to, the individual's sense of smell or taste. Soft signs of deterioration - being short of breath, being not as alert, having a new onset of confusion, being off food, having reduced fluid intake, diarrhoea or vomiting. **Delirium**

When reporting diarrhoea first check other factors e.g. overflow from constipation, new antibiotics, use of laxatives, enteral feeds, ileostomy or food related.



3. Take immediate action

If a residents shows symptoms of the above infections, isolate them in their own room as soon as possible.

How long to isolate?

Covid – 14 days

**Norovirus – symptom
free for 48 hours**

Flu - generally 5 days



4. Report the Outbreak early

- An outbreak is defined as two or more residents within the same area, who have similar symptoms of (diarrhoea and/or vomiting or respiratory) within a 48 hour period
- For coronavirus a single positive result is reported

Norovirus - IPC team
on **01423 557340**
(office hrs) or PHE
Team out of hours on
0114 304 9843

Flu, respiratory illnesses
and **COVID-19** suspected
or confirmed - local Public
Health England (PHE)
Team on **01904 687100**

Wearing a mask: Do's and don'ts



Do cover nose, mouth and chin



Do pull hair back



Do tie top strap first, then bottom strap



Do keep phones away from mask



Don't pull below nose



Don't pull below chin



Don't hang from one ear



Don't hang around neck



Don't cross straps



Don't leave straps hanging



Don't wear on forehead



Don't leave hair down



Don't touch front of mask after fitting



Don't reach under mask



Don't touch phone to mask



Don't remove mask to talk on the phone



Don't drink or eat with mask on



Don't remove mask to cough, sneeze or talk



Don't break top strap first, break bottom first



Don't wear a dirty or wet mask





5. Stop the Spread

- All staff should follow correct PPE guidance.
- Frequent hand washing using liquid soap and warm running water or alcohol handrub if no diarrhoea and/or vomiting.
- Encourage residents to wash their hands.
- Always thoroughly clean before you use a disinfectant to ensure the disinfectant works effectively.



Alcohol handrub
is not good at
killing viruses
that cause
diarrhoea



Cleaning

- First, **clean** with a pH neutral detergent solution, e.g. Hospec and warm water, or detergent wipes.
- Then, **disinfect** using either:
 - A chlorine-based product at 1,000 parts per million, e.g. Milton, 50 ml in 1 litre of cold water; or a virucidal product that is tested and conforms to EN testing standard EN14476; or 70% alcohol wipes
- Alternatively, a 2-in-1 cleaning and disinfection product, e.g. Chlor-Clean, Actichlor-plus, Clinell Universal Wipes, can be used as a one-step method.

Norovirus – be prepared

Viral gastroenteritis is out there....

So don't delay: do your pre-winter MOT today!

| Outbreak checklist – do you have adequate supplies of the following? | Tick |
|--|------|
| Sodium hypochlorite 2%, e.g. Milton (dilution of 1 in 20, e.g. 50ml of Milton in 1 litre of water) | |
| Disposable aprons | |
| Disposable gloves | |
| Liquid soap and paper towels in each service user's room for staff to use | |
| Hand wipes (non-alcohol) for service users | |
| Specimen pots for stool samples | |
| A 'Viral gastroenteritis outbreak guidance for Care Homes' poster on display | |
| A 'Do you have an outbreak' flow chart, easily accessible to all staff | |
| Restricted visiting poster for entrance doors | |
| <p>If you require further advice for any infection prevention and control issue, please contact the Community Infection Prevention and Control Team on 01423 557340.</p> <p>Are you using the 'Preventing Infection Workbook and Guidance for Community Health and Social Care'?</p> <p>This is available to purchase and includes comprehensive sections on Viral gastroenteritis, Decontamination of equipment, Environmental cleaning and Specimen collection – for further details visit www.infectionpreventioncontrol.co.uk or telephone 01423 557340.</p> | |

Suspected gastroenteritis outbreak management

IPC Bulletin for Care Homes

Issue No. 27 - September 2020

COVID-19



Are you prepared for the coming winter season?

In addition to COVID-19 continuing this winter, residents and staff in care homes are particularly susceptible to infections which normally increase over the winter months, such as seasonal influenza (flu) and stomach infections, e.g. Norovirus.

1. Be prepared

- Flu vaccination - ensure residents and staff are immunised against flu.
- Ensure Infection Prevention and Control (IPC) Policies are up-to-date and followed by staff?
- Ensure all staff are trained in personal protective equipment (PPE) donning & doffing?
- Ensure staff and residents follow good hand hygiene.
- Respiratory etiquette - Catch it, Bin it, Kill it.

2. Identify infections early

- Norovirus symptoms are sudden onset of diarrhoea and/or projectile vomiting and nausea. Other symptoms include raised low-grade fever, headaches and stomach cramps.
- Influenza/respiratory infection symptoms can include high temperature, aching body, cough, headache, loss of appetite.
- COVID-19 symptoms are a new continuous cough, high temperature and a loss of, or change to, the individual's sense of smell or taste. Assess all residents twice a day.

3. Take immediate action

- Isolate residents who show symptoms of the above infections as soon as possible.

4. Report an outbreak

- Flu, respiratory illnesses and COVID-19 suspected or confirmed - report to your local Public Health England (PHE) Team.
- Suspected Norovirus - contact your local IPC or PHE Team.

5. Stop the spread

- Always follow correct PPE guidance.
- Encourage residents to wash their hands.
- Always clean your hands using either liquid soap and warm running water or alcohol handrub if hands are visibly clean.
- **Don't forget:**
Alcohol handrub is not effective at killing viruses that cause diarrhoea and vomiting.
- Frequent decontamination of equipment and environment. Always thoroughly clean before using a disinfectant, with a pH neutral detergent solution, e.g. Hospec and warm water, or detergent wipes. This ensures the disinfectant works effectively.
- Then, disinfect using either:
 - A chlorine-based product at 1,000 parts per million, e.g. Milton, 30 ml in 1 litre of cold water; or
 - A virucidal product that is tested and conforms to EN testing standard EN14476; or
 - 70% alcohol wipes
- Alternatively, a 2-in-1 cleaning and disinfection product, e.g. Chlor-Clean, Actichlor-plus, Clinell Universal Wipes, can be used as a one-step method.

Visit our website to find lots of IPC resources, many of which are free to download.

www.infectionpreventioncontrol.co.uk

Call us on 01423 557340, or find us on:



<https://www.infectionpreventioncontrol.co.uk/content/uploads/2020/09/Bulletin-Care-Homes-No-27-September-2020.pdf>



Further resources

Guidelines on the management of outbreaks of influenza-like illness in care homes

<https://www.gov.uk/government/publications/acute-respiratory-disease-managing-outbreaks-in-care-homes>

Community Infection Prevention Control Policy: Viral gastroenteritis/ Norovirus

<https://www.infectionpreventioncontrol.co.uk/content/uploads/2020/07/CH-29-Viral-Gastroenteritis-Norovirus-July-2020-Version-2.00.pdf>

How to work safely in care homes Government guidelines Coronavirus – 19 (updated 25 Sept)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/921980/How_to_work_safely_in_care_homes_v6_14_Sept.pdf

Admission and care of people in care homes (updated 2 sept)

<https://www.gov.uk/government/publications/coronavirus-covid-19-admission-and-care-of-people-in-care-homes/coronavirus-covid-19-admission-and-care-of-people-in-care-homes>

Community Infection Prevention Control www.infectionpreventioncontrol.co.uk



How to contact us

- Telephone: 01423 557340 (Mon – Fri, 9-5)
- Email: infectionprevention.control@nhs.net
- Website: www.infectionpreventioncontrol.co.uk