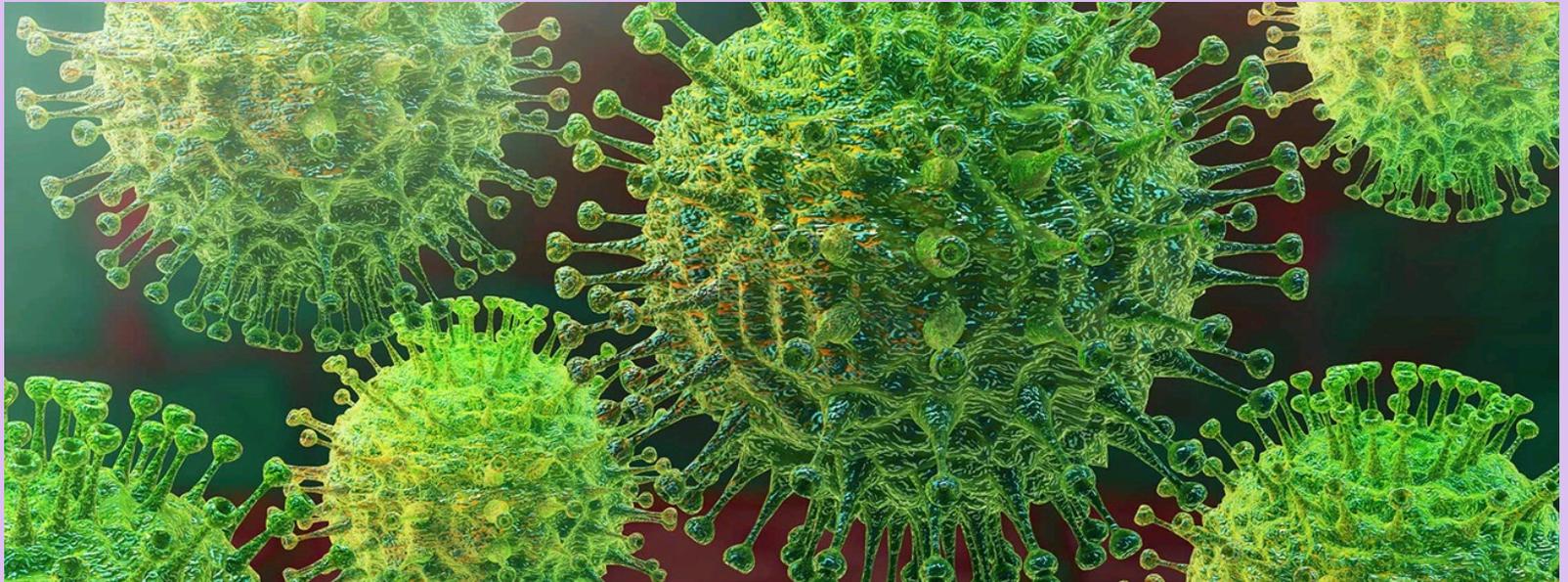


Coronavirus (COVID-19) Infection Prevention and Control for Domiciliary Care



What is Coronavirus and COVID-19?

- Coronaviruses are a large family of viruses - they cause infections ranging from the common cold to Severe Acute Respiratory Syndrome (SARS)
- Sometimes new variants of the coronavirus emerge - such as COVID-19
- COVID-19 has the potential to spread widely as lack of immunity means everyone in the population is susceptible

What are the symptoms of COVID-19?

Common Symptoms of COVID-19

Fever >38°C

Loss of taste and/or smell

Dry cough

Fatigue

Less Common Symptoms of COVID-19

Aches and pains

Headache

Sore throat

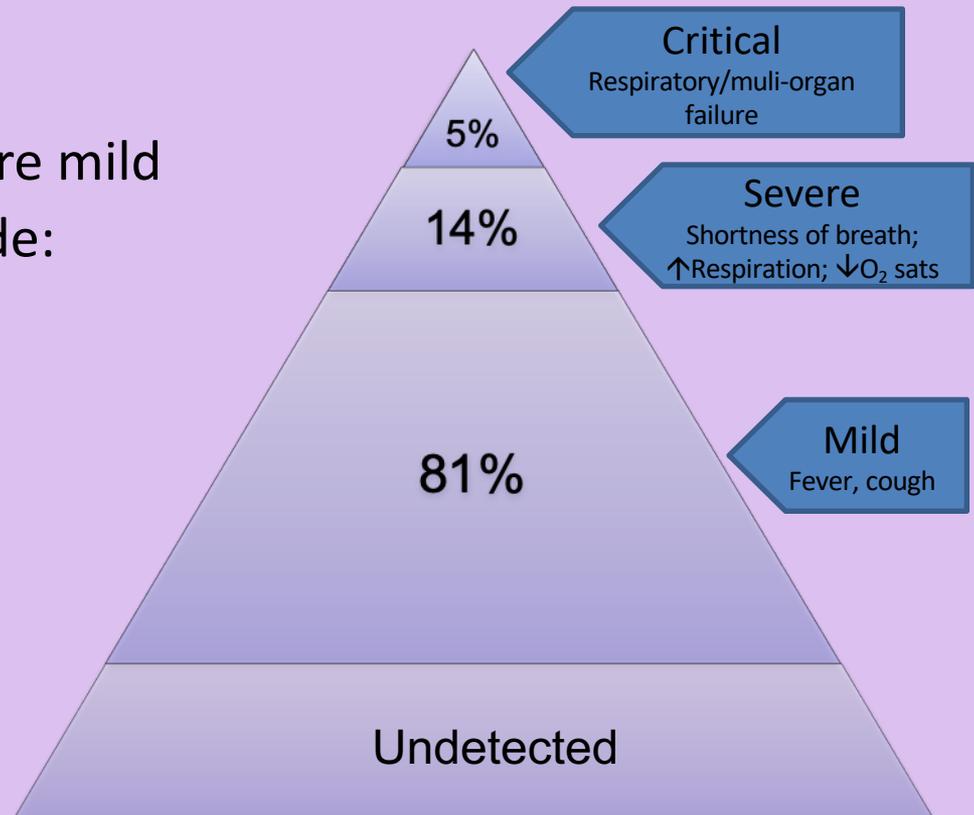
Difficulty breathing or shortness of breath

A rash on skin, or discolouration of fingers or toes

- Symptoms usually take 5–6 days from infection to show, but it can take up to 14 days
- Illness is similar to the flu
- Most people have fever and dry cough (rapid onset)
- Most people have symptoms for 5 - 6 days
- 20% have more severe illness – from day 7
 - ↑ Shortness of breath
 - Lung inflammation
 - Pneumonia

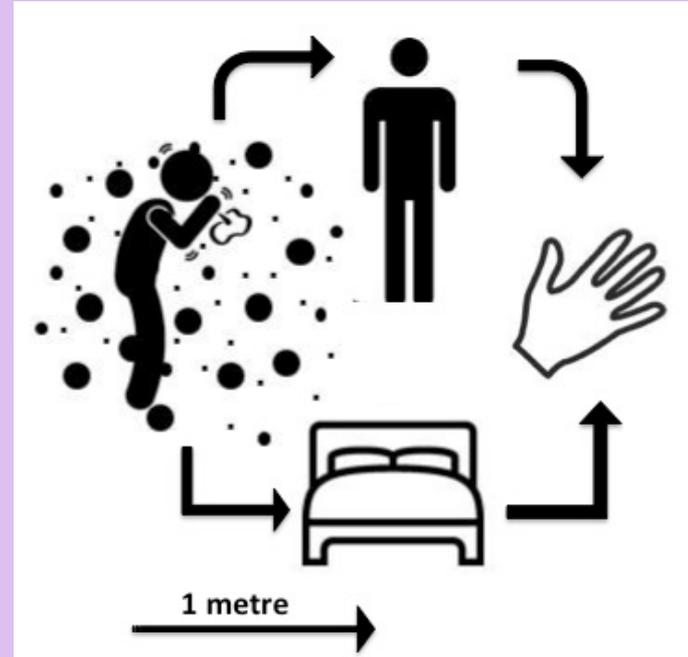
How severe is COVID-19?

- Many people have no obvious symptoms (30%)
- Of those with symptoms 80% are mild
- Individuals at greater risk include:
 - Older people
 - B.A.M.E.
 - DiabeticsAlso individuals who have:
 - Chronic respiratory disease
 - Heart disease
 - Immune compromised
- Only 1% of cases fatal
 - Highest in high risk groups



How does COVID-19 spread?

- Exposure to **respiratory droplets**
 - Coughing/sneezing droplets onto mouth, nose, eyes
 - Requires close contact (within 2m)
- Contact with **respiratory secretions**
 - Contaminated surfaces, tissues
 - Transferred by touching nose, mouth, eyes with contaminated hands



Sustained Community Transmission

- This means that COVID-19 is affecting many people in the community and they may not all have had obvious contact with someone who had symptoms of the infection.
- During period of sustained community transmission, infection control precautions will need to be taken with all service users not just those with symptoms of COVID-19

Preventing the spread of COVID-19

Infection Prevention & Control

1. Cough etiquette
2. Hand hygiene
3. Personal protective equipment (PPE)
 - For care of service users with COVID-19
 - For care of other service users
4. Isolation of symptomatic service users in multi occupancy households
5. Cleaning

Personal hygiene to prevent spread

- Cough etiquette
 - Cover mouth and nose with a tissue or your sleeve (not your hands)
- Dispose of tissues directly into bin
- Hand hygiene
 - after contact coughing/sneezing



Hand Hygiene in care of all service users



Hand hygiene is essential to prevent both staff and service users acquiring COVID-19

- Immediately **before** touching a service user
- Immediately **after** touching a service user or their surroundings
- After removing gloves

Alcohol gel is effective against COVID-19
Soap and water should be used if hand are soiled

Other times when care workers should wash their hands

Before	After
<ul style="list-style-type: none">• Leaving home	<ul style="list-style-type: none">• Arriving at work
<ul style="list-style-type: none">• Preparing food	<ul style="list-style-type: none">• Touching shared surfaces
<ul style="list-style-type: none">• Eating food/snacks	<ul style="list-style-type: none">• Decontaminating equipment
<ul style="list-style-type: none">• Handling equipment	<ul style="list-style-type: none">• Handling Waste
<ul style="list-style-type: none">• Taking a break	<ul style="list-style-type: none">• Using the toilet
<ul style="list-style-type: none">• Leaving work	<ul style="list-style-type: none">• Taking a break

Service user hand hygiene

- Encourage service users to clean their hands:
 - After coughing/sneezing
 - Before eating
 - After using the toilet
- Encourage the use of hand wipes or alcohol gel where hand washing facilities are unavailable



Staff uniform

- You should protect your uniform from contamination during day with plastic aprons
- Change out of uniform at earliest opportunity
- Your uniform can be washed as normal in washing machine. However, it is recommend:
 - Wash uniforms separately from household items
 - Wash at 60°C to ensure you kill & remove any virus
 - Avoid overloading / dilution as it is important for removing dirt

Personal Protective Equipment (PPE)

- PPE will only prevent spread of infection if it is:
 - ✓ Used and changed at the right time
 - ✓ Accompanied by good hand hygiene
 - ✓ Cough etiquette is applied
- Mobile phones should not be used whilst wearing full PPE unless in the event of an emergency
- All staff must be trained in how to use PPE effectively



When should you wear PPE?

You should ensure you wear the correct PPE for your work at all times, especially in the following 5 scenarios:

1. Personal care involving touching the person you are caring for
2. When you are within 2 metres of anyone who has a cough (whether you are caring for them or not)
3. When you are within 2 metres of the individual being cared for (for whatever reason) but not touching them
4. When you are caring for a person who is shielding
5. When you are in the workplace and 2 metres away from people you are caring for

Disposable Gloves



- Should be worn for any care that involves touching a service user
- Should be worn when within 2m of a service user who is coughing
- Always remove gloves and wash hands after handling body fluids and between different tasks e.g. between helping to the toilet, oral care
- Remove gloves and wash hands after each episode of care

Be careful not to touch your mouth, nose or eyes while wearing gloves

Disposable Plastic Aprons

- Should be worn for any care that involves touching a service user
- Should be worn when within 2m of a service user who is coughing
- Use to protect your uniform or clothes from contamination when providing care
- Remove and discard apron after each episode of care



Fluid Resistant Surgical Masks



- Masks protect:
 - your nose & mouth from respiratory droplets from service users
 - service users and other staff from respiratory droplets from your mouth and nose (as you might be carrying the infection)
- You can wear a mask for caring for different service users BUT do not touch the mask
 - you could transfer virus to your hands
- Wear the mask on your face – NOT around you neck
- Remove and discard the mask when:
 - you take a break or finish your shift
 - it is damp, soiled, uncomfortable, difficult to breathe

Eye Protection

- Should be worn for direct contact with service users if there is a risk of respiratory droplets or liquid of any kind being splashed into eyes
 - e.g. service user who is coughing or vomiting
- You should clean it after each use ideally with disinfectant



How to use PPE

Use PPE safely:

- make sure you clean your hands appropriately before putting on and after removing your PPE
- you should not touch your face mask or eye protection unless it is to put it on or remove it
- make sure that your face mask always covers your mouth and nose
- do not dangle your face mask or eye protection around your neck or place on the top of your head
- you must use masks when car sharing to reduce the risk of transmission in confined spaces

You can use face masks and eye protection continuously until you need to take a break or until the item needs replacing. You can use the same mask and/or eye protection:

- for caring for more than one person (regardless whether they have symptoms)
- until you need to take a break e.g. to drink, eat or break or end duties
- when moving/travelling between individuals if safe to do so (don't wear eye protection when driving or cycling)

How to put on PPE

Before putting on PPE, you should ensure that you are hydrated, that you have tied your hair back, removed jewellery and checked that the PPE is the correct size and is available.

Please note: Before entering a property, you should ensure you have put on a facemask.

1

Perform hand hygiene before putting on PPE.



2

Put on apron and tie at waist.



3

Put on facemask - position upper straps on the crown of your head, lower strap at nape of neck.



4

With both hands, mould the metal strap over the bridge of the nose.



5

Don eye protection if required.



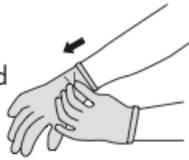
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Put on gloves.



1

Remove gloves. Grasp the outside of the glove with the opposite gloved hand; peel off. Hold the removed glove in the remaining gloved hand.



Slide the fingers of the un-gloved hand under the remaining glove at the wrist. Peel the remaining glove off over the first glove and discard.



2

Clean hands.



3

Apron. Unfasten or break open apron ties at the neck and let the apron fold down on itself.



Break ties at waist and fold apron in on itself - do not touch the outside - this will be contaminated. Discard.



4

Remove eye protection if worn. Use both hands to handle the straps by pulling away from face and discard.



5

Clean hands.



6

Remove face mask once your clinical work is completed.



Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only. Lean forward slightly.



7

Clean hands with soap and water.



How to remove PPE

Gloves, aprons and eye protection should be removed soon after use to avoid cross contamination.

You should discard face masks, gloves and aprons after use. All eye protection is reusable and should be properly cleaned before the next use.

PPE for Aerosol Generating Procedures

Some procedures on service users who have COVID-19 can generate tiny particles from the respiratory tract which might be inhaled by people in the room

- Undertake these procedures in single room
- Only people involved in procedure should be present
- Wear high level PPE
 - Long-sleeved gown
 - Eye protection (visor or goggles)
 - FFP3 or FFP2 respirator



Aerosol Generating Procedures

Tracheostomy suctioning

Intubation & extubation

High flow nasal oxygen

Sputum induction (by physiotherapists)

Non-invasive ventilation (BiPAP, CPAP)

Isolation in domiciliary care

For service users with known/suspected COVID-19

- Service user to remain in designated room (including for meals) in multi occupancy households
- Hand hygiene facilities are required in the room
- Full PPE should be worn as normal
- Clean surfaces daily
 - Clean frequently touched surfaces more often

Remember to change gloves between procedures
Avoid touching your mouth, nose and eyes with gloved hands

Waste from homes of service users with COVID-19

- Waste should be removed at least daily
- Discard as clinical waste if possible
- If no clinical waste available, store securely for 72hrs by double bagging and discard as household waste

Laundry from homes of service users with COVID-19

- Treat as infectious waste
 - Place directly into a suitable bag
 - Place this into an outer plastic bag
- Do not shake or sort linen
- Do not put used linen on floor or other surfaces

Minimising environmental contamination in the home

- Regular cleaning throughout the home prevents surfaces becoming contaminated with virus
- Open windows to allow fresh air to circulate
- Use combined detergent/disinfectant solution for cleaning hard surfaces
- Use detergent to clean soft furnishing (if likely to be damaged by chlorine disinfectant)
- Discard items heavily contaminated by body fluids if they cannot be washed
- Use disposable cloths
- Launder mop heads or use disposable where appropriate

Staff with COVID-19

- If you develop symptoms of a flu-like illness, then DO NOT come into work and inform your manager:
 - fever of more than 38°C and new persistent cough
 - other symptoms of respiratory infection
- Self-isolate at home for 10 days from onset of symptoms
 - Arrange to take a COVID-19 test (3-4 days after start of symptoms)
 - if you are better and the test is negative you can return to work
 - If your symptoms worsen contact NHS 111
- If a member of your household develops symptoms
 - Arrange for them to have a COVID-19 test (if possible)
 - If this is negative, you can return to work
 - If no test or test is positive, then self-isolate for 14 days
- Staff at high risk of complications from COVID-19
 - risk-assessment to manage if and where they can work

Next Steps:
Complete competence questions to
assess understanding