

This Guidance is for workers who are providing sessional care to individuals in a residential home setting

1. Steps to Maintain Service

- Establish plans for mutual aid, e.g. sharing of workforce between providers
- Care providers to consider how to keep people safe across the local area including:
 - Reporting capacity for bed vacancies
 - Using appropriate tools for secure transfer of information
 - Increase use of skype and other tools for secure virtual conference calls.
 - Routine use of Personal Protective Equipment (PPE) such as gloves and aprons. Arrangement will be put in place to further increase access to PPE as required.
 - Protected area at reception
 - Review visiting policy (No one to visit who has suspected Covid-19, or who is generally unwell)
 - Promote good hand hygiene
 - Contractors to be kept to a minimum
 - Consider wellbeing of residents – the positive impact of seeing friends and family.

Government guidance is changing quickly, please see this [Public Health Wales Guidance](#) for the most up to date information.

2. Considerations for the Worker

If a member of staff is concerned that they have COVID-19, please follow NHS guidelines:

Stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **Do not** go to a GP surgery, pharmacy or hospital.
- You do not need to call 111 if you are staying at home and testing for coronavirus is not needed.

- Self-isolate; workers should not visit and care for individuals until safe to do so.

If you have COVID-19 symptoms, however mild – stay at home for 7 days from when your symptoms started.

If you are the first person in your household to have symptoms, other members of the household must also stay at home and not leave the house for 14 days. (14 days starts from the day the first person in the house became ill.)

For anyone else who starts displaying symptoms, they need to stay at home for 7 days from when their symptoms first appeared.

People living together are more likely to infect each other, or already be infected, therefore staying at home for 14 days minimises infection to others in the community. If possible, move vulnerable individuals (elderly or those with underlying health conditions).

If you cannot move vulnerable individuals, stay away from them as much as possible.

Ask your friend, neighbour or employer to help you get the things you need to stay at home.

Hand hygiene - wash your hands with soap and water more often and do this for at least 20 seconds. You should follow this advice on [hand hygiene](#).

Put used tissues in the bin straight away and wash your hands afterwards.

Do not touch your eyes, nose or mouth if your hands are not clean.

If you cannot cope with your symptoms at home, or your condition worsens and you do not get better after 7 days then use NHS 111 online, or call NHS 111. For a medical emergency dial 999.

Government guidance is changing quickly, please see this [Public Health Wales Guidance](#) for the most up to date information.

Care homes are not expected to have dedicated isolation facilities, but isolation should be implemented particularly when someone displays symptoms.

If isolation is required, residents own room can be used. All staff will be trained in and use hand hygiene

Safe working procedures to be used when close personal contact is required to minimise the risk of transmission.

Staff to use PPE for activities that bring them into close personal contact.

Aprons and gloves are subject to single use with disposal and hand hygiene after each Service user.

Surgical masks and eye protection are subject to single sessional use.

A single session refers to a period of time where social care worker is undertaking duties in a specific care setting or exposure environment. For example, a session might comprise of providing care to several services users. A session ends when the social care worker leaves the setting or exposure environment. The duration of a single session will vary depending on the activity being undertaken.

Frequently touched surfaces to be cleaned regularly.

Social distancing of 2m should be used for non-contact activities such as giving advice to relatives or service users or conducting verbal consultations.

Please see this [UK Government Guidance](#) for further information,

3. Personal Protective Equipment (PPE)

- Workers should use personal protective equipment (PPE) for activities that bring them into close personal contact with service users.
 - Fluid Resistant Surgical Mask (FRSM),
 - Disposable gloves
 - Disposable plastic apron
 - Appropriate eye protection after risk assessment of need if splashing or spraying of body fluids likely
- The type of PPE used will vary based on the type of exposure anticipated, and not all items of PPE will be required.
- The order for putting on PPE is Apron, Surgical Mask, Goggles (if required) and Gloves.
- The order for removing PPE is Gloves, Goggles, Apron and then Surgical Mask.
- Aprons, gloves and fluid repellent surgical masks should be used in these situations. If there is a risk of splashing, then eye protection will minimise risk.

Effective Hand Hygiene is Essential Combined with use of PPE.

Any PPE equipment provided must only be used in conjunction with national guidance.

National Infection Prevention and Control Manual that Wales has adopted can be found [here](#).

All services are advised to keep up to date with the latest advice on COVID-19 via Public Health Wales (PHW) website [here](#).

PPE equipment will be distributed by Chris Evans and his team, he can be contacted using the following email address pccsscommissioning@powys.gov.uk

Currently if PPE stock cannot be accessed, arrangements are in place that care providers can approach Powys Teaching Health Board for urgent assistance.

Putting on Personal Protective Equipment (PPE)

Guide to donning and doffing standard PPE can be found here:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/877658/Quick_guide_to_donning_doffing_standard_PPE_health_and_social_care_poster_.pdf

Perform hand hygiene before putting on PPE

Apron

Pull over head and fasten at back of waist.

Surgical mask

Secure ties or elastic bands at middle of head and neck.

Fit flexible band to nose bridge.

Fit snug to face and below chin.

Gloves

Select according to hand size.

Extend to cover wrist.

Removing Personal Protective Equipment (PPE)

Gloves

- Pinch and hold the outside of the glove near the wrist area.
- Peel downwards, away from the wrist, turning the glove inside out.
- Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand.

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- With your un-gloved hand, slide your finger/s under the wrist of the remaining glove, taking care not to touch the outside of the glove.
- Again, peel downwards, away from the wrist, turning the glove inside out.
- Continue to pull the glove down and over the inside-out glove being held in your gloved hand.
- This will ensure that both gloves are inside out, one glove enveloped inside the other, with no contaminant on the bare hands.
- Discard disposable items into an appropriate lined waste bin
- Hand hygiene

Apron

- Apron front is contaminated.
- Unfasten or break ties.
- Pull apron away from neck and shoulders touching inside only.
- Fold and roll into a bundle.
- Discard into an appropriate lined waste bin.
- Hand hygiene

Surgical Mask

- Do Not touch the front of mask
- Unfasten the ties - first the bottom, then the top.
- Pull away from the face without touching front of mask.
- Discard disposable items into an appropriate lined waste bin
- Hand hygiene

Hand hygiene

- Staff to wash hands using their own liquid soap and towel prior to leaving the service user property. If this is not possible, use hand sanitiser and wash hands as soon as possible.
- Staff to place used towel into washable bag (pillowcase or equivalent) in their car prior to leaving for next call.

Disposal

- It is essential that personal protective equipment is stored securely within disposable rubbish bags when removed.
- These bags should be placed into another bag, tied securely and kept separate from any other waste within the room. This should, be put aside for at least 72 hours before being put in the usual household waste bin.

4. Service User use of PPE

In clinical areas, communal waiting areas and during transportation, it is recommended that possible or confirmed COVID-19 cases wear a fluid-resistant surgical face mask if this can be tolerated. The aim of this is to minimise the dispersal of respiratory secretions, reduce both direct transmission risk and environmental contamination. A fluid-resistant surgical face mask should **not** be worn by service users if there is potential for their clinical care to be compromised. A fluid-resistant surgical face mask can be worn until damp or uncomfortable.