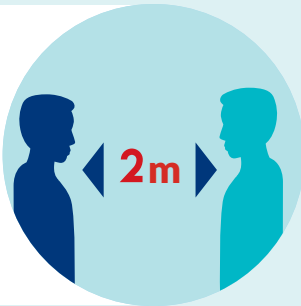


# Quick Reference Guide for Substance Misuse Services

Please remember – when interacting with people always...

Keep a minimum distance of 2 metres where possible



Wash hands frequently (for at least 20 seconds) or use hand sanitizer with a minimum of 60% alcohol



Clean surfaces frequently including door handles, rails, hoists etc.



Avoid touching your face, nose and eyes



PPE is only needed if you are not able to maintain social distancing (2 metres away) or a person you are working with is in the extremely vulnerable group being shielded.

## When do you need PPE?

Direct client physical contact, care or assistance (within 2 metres) regardless of whether they are showing symptoms of COVID-19

or

Service to any individuals in the extremely vulnerable group advised to shield

or

Working in an area with possible or confirmed case(s) and unable to maintain 2 metres social distance (use a mask ONLY if no direct contact)

## What PPE should you use?

- Water repellent apron
- Disposable gloves
- Fluid repellent surgical mask\*
- Eye protection (use if there is a risk of splashing/spitting)

*\*Use one mask for each specific setting when working in an area with possible or confirmed cases and unable to maintain 2 metres BUT change the mask for a new one every 8 hours, or sooner if it becomes moist or damaged during use. The mask should be replaced if removed for any reason. This includes after breaks for eating or drinking. A new mask should be used if any person you are working with is in the shielded group or you provide direct care and assistance.*

## Safe use and disposal of PPE

- Follow the guidance on [how to safely put on/ take off PPE](#)
- Only use aprons and gloves once for each client
- Use one mask (and eye protection, if required) for each session
- Decontaminate eye protection after use – if cleaned properly, it can be safely reused in a different setting
- Double bag aprons, gloves and mask upon disposal
- Separate from other waste, set aside and wait 72 hours before disposal in general waste



**Guidance based on PHE advice 22 April 2020 and subject to change.  
Always check for updates on the [gov.uk](https://www.gov.uk) website.**

**If you have concerns about your visit or PPE please speak to your manager.**