

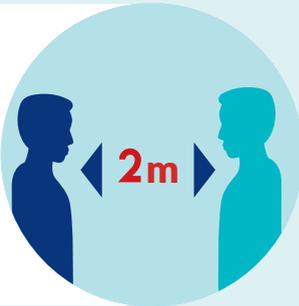
Quick Reference Guide for unpaid carers who do not live with the person they care for

Before your visit, please contact the client to confirm if anyone at home has COVID-19 symptoms or if anyone at home is extremely vulnerable to COVID-19 and advised to shield.

Do not go to work if you have symptoms of COVID-19 (a high temperature and/or a new continuous cough)

Please remember – when interacting with people at home always...

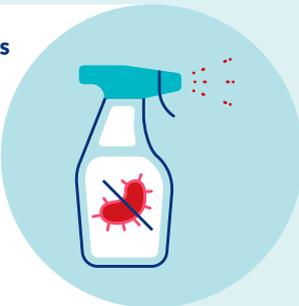
Keep a
minimum
distance of
2 metres
where
possible



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



When you visit a client, always use a face mask regardless of whether someone has COVID-19 symptoms or not. Other PPE depends on the task you are completing.



ADPH London



When do you need PPE?

If you are providing direct care to the person, regardless of whether they or anyone in their household is showing COVID-19 symptoms or not. Direct care includes for example feeding, grooming, toileting, or when unintended contact is likely, e.g. if the person has challenging behaviour.

or

Someone in the household is coughing and you cannot maintain 2 metres social distancing

or

You are visiting a household where any member of the household is in the **extremely vulnerable group advised to shield**

You should use:

- Disposable gloves
- Disposable plastic apron
- Fluid repellent surgical mask
- Eye protection (use if there is a risk of splashing, e.g. if the person is repeatedly coughing)

If you are **not** providing direct care but you are within 2 metres of someone who is **not** coughing and who is not in the extremely vulnerable group.

You should use:

- A surgical mask.
- You do not need gloves, apron or eye protection.



Safe use and disposal of PPE

- Follow the [guidance](#) (and [video](#)) on how to safely put on / take off PPE
- Use new gloves and apron each time you provide care for the person
- You can safely use a mask between households (on foot, by car or public transport) if you:
 - Don't touch the mask or lower it from your face
 - Change if it becomes soiled, damp, damaged or uncomfortable
 - Change when you need to remove the mask e.g. to drink, eat or take a break
 - Face masks can be worn for up to 8 hours
- Follow the [guidance](#) on how to decontaminate re-usable eye protection (if required) after use
- Double bag used apron, gloves and mask to safely dispose.
- Set aside from other waste for 72 hours before disposal in general waste
- Wash your hands after taking off PPE and handling waste

**Guidance based on PHE advice 30 April 2020 and subject to change.
Always check for updates on the [gov.uk website](#).**

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