

Covid-19 basic IPC reminders

Hand hygiene

Hand hygiene is essential to reduce the transmission of infection in health and other care settings and is a critical element of standard infection control precautions. All staff should decontaminate their hands with alcohol based hand rub (ABHR) when entering and leaving areas where care for suspected and confirmed COVID-19 patients is being delivered.

Hand hygiene must be performed immediately before every episode of direct patient care and after any activity or contact that potentially results in hands becoming contaminated, including the removal of personal protective equipment (PPE), equipment decontamination and waste handling:

[https://www.who.int/qpsc/5may/Your 5 Moments For Hand Hygiene Poster.pdf](https://www.who.int/qpsc/5may/Your_5_Moments_For_Hand_Hygiene_Poster.pdf)

Before performing hand hygiene:

- Expose forearms (bare below the elbows).
- Remove all hand and wrist jewellery (a single, plain metal finger ring remove all hand and wrist jewellery (a single, plain metal finger ring is permitted but should be removed (or moved up) during hand hygiene).
- Ensure finger nails are clean, short and that artificial nails or nail products are not worn.
- Cover all cuts or abrasions with a waterproof dressing.

Reminder on apron/gown and gloves

Disposable plastic aprons must be worn to protect staff uniform or clothes from contamination when providing direct patient care and during environmental and equipment decontamination.

Fluid-resistant gowns must be worn when a disposable plastic apron provides inadequate cover of staff uniform or clothes for the procedure/task being performed and when there is a risk of extensive splashing of blood and/or other body fluids e.g. during aerosol generating procedures (AGPs).

If non fluid-resistant gowns are used, a disposable plastic apron should be worn underneath.

Gloves should be applied after an apron but removed before the apron (gloves last on but first off). Both must be single use only and should be discarded after each care activity and before contact with any other items (e.g. door handles, pens, privacy curtains etc.). It is never acceptable to wash gloves rather than change them, they are always single use. It is not safe to wear the same pair of gloves or apron between patient activity or to not wash your hands. Your hands must still be cleansed once the gloves have been removed. No matter how well you cleaned your hands prior to applying gloves, the millions of micro-organisms that

remained would have multiplied rapidly in the warm, moist environment that the gloves provided.

Staff Uniforms

It is best practice to change into and out of uniforms at work and not wear them when travelling; this is based on public perception rather than evidence of an infection risk. This does not apply to community health workers who are required to travel between patients in the same uniform

Uniforms should be laundered:

- Separately from other household linen.
- In a load not more than half the machine capacity.
- At the maximum temperature the fabric can tolerate, then ironed or tumbled-dried.

PPE Advice reminder for Covid-19

COVID-19 PPE Guidance for Frontline Personal Care Workers				
Asymptomatic Service Users				
Type of PPE (disposable)	Personal Care Tasks for Service User (during aerosol procedures i.e. tracheal suctioning) no respiratory symptoms contact within one metre (a)	Personal Care Tasks for Service User no respiratory symptoms contact within one metre	Contact with Service User no respiratory symptoms contact within two metres	Contact with Service User no respiratory symptoms contact outside two metres
Hand Hygiene	✓	✓	✓	✓
Gloves	✓	✓	Dependant on task	✗
Fluid Resistant Long Sleeve Gown	✗	✗	✗	✗
Disposable Aprons	✓	✓	Dependant on task	✗
Fluid Resistant Surgical facemask (Type IIR) (b)	✓	✗	Dependant on task	✗
FFP3 mask	✗	✗	✗	✗
Eye Protection (c)	✓	✗	✗	✗
Symptomatic Service Users				
Type of PPE (disposable)	Personal Care Tasks for Service User (during aerosol procedures i.e. tracheal suctioning) with respiratory symptoms contact within one metre (a)	Personal Care Tasks for Service User with respiratory symptoms contact within one metre	Contact with Service User with respiratory symptoms contact within two metres	Contact with Service User with respiratory symptoms contact outside two metres
Hand Hygiene	✓	✓	✓	✓
Gloves	✓	✓	✓	✗
Fluid Resistant Long Sleeve Gown	✓ *	✗	✗	✗
Disposable Aprons	✓	✓	✓	✗
Fluid Resistant Surgical facemask (Type IIR) (b)	✗	✓	Dependant on task	✗
FFP3 respirator	✓	✗	✗	✗
Eye Protection (c)	✓	✓	✗	✗

Links to additional information and resources

PHE campaign material centre and national IPC advice:

<https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/4992>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876577/Infection prevention and control guidance for pandemic coronavirus.](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876577/Infection_prevention_and_control_guidance_for_pandemic_coronavirus)

When to use surgical or FFP3 masks poster:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874411/When to use face mask or FFP3.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874411/When_to_use_face_mask_or_FFP3.pdf)

<https://www.england.nhs.uk/coronavirus/publication/guidance-supply-use-of-ppe/>

HSE latest update:

https://www.hse.gov.uk/news/coronavirus.htm?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus&utm_term=covid-2&utm_content=digest-26-mar-20

Poster for public space with cleaning advice for them:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/873778/COVID19 Guidance Cleaning.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/873778/COVID19_Guidance_Cleaning.pdf)

All links and guidance up to date at time of writing but please check national guidance