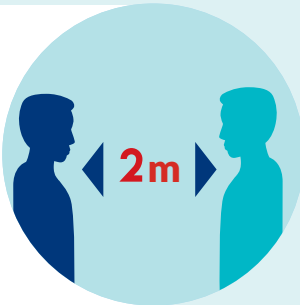


Quick Reference Guide for unpaid carers who do not live with the person they care for

Do not provide care if you have symptoms of COVID-19, which are a high temperature and/or a new, continuous cough.

Please remember to 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



FULL PPE is only needed if you are providing personal care which requires you to be in direct contact with the person (e.g. touching).

When do you need PPE?

If you are providing personal care (within 2 metres) to anyone (regardless of whether or not they are showing symptoms of COVID-19)

or

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

What PPE should you use?

- Disposable plastic apron
- Disposable gloves
- Fluid resistant surgical mask*
- Eye protection (if there is a risk of splashing e.g. an individual who is repeatedly coughing).

**If no one has symptoms of COVID-19 but someone in the household is extremely vulnerable and shielding, and you are visiting rather than providing care, use a non-fluid repellent surgical mask. You don't need eye protection.*

Safe use and disposal of PPE

- Follow the [guidance](#) (and [video](#)) on how to safely put on and take off PPE.
- Use new aprons, gloves and masks each time you provide care.
- The mask should be replaced if removed for any reason. This includes after breaks for eating or drinking.
- [Decontaminate](#) re-usable eye protection after use.
- To safely dispose of PPE, double bag all items.
- Set aside from other waste for 72 hours before disposal in general waste.
- Wash your hands after taking off
- PPE and handling waste.



DOs and DON'Ts for PPE use

DO:

- Ensure ALL PPE is removed when you leave the person's house.
- Make sure you eat and drink enough; wearing PPE can get hot.
- Practice good hand hygiene.*
If masks are touched or adjusted, hand hygiene should be performed immediately.

** Follow best practice for hand hygiene, and perform frequently, especially before putting on PPE, while removing PPE and after removing all PPE, and before and after providing care.*

DON'T:

- Don't wear your PPE outside of the person's house (e.g. on public transport).
- Don't remove PPE and then put it back on (e.g. for a coffee break, toilet break, drinking water, smoking a cigarette).
- Don't hang your mask on your neck or on your head. If the mask is removed
- from your mouth it must be disposed of and replaced.
- Don't touch your face especially if wearing gloves.



**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.