

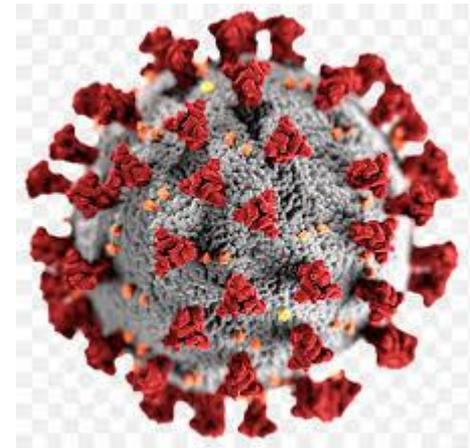
Infection Prevention: COVID-19 Prevention For the Home Support Setting

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Updated 16.6.2021



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COVID-19 Symptoms

- Fever - 37.8c or above
- Loss of taste and/or sense of smell
- New or persistent dry cough
- Fatigue
- Sputum
- Shortness of breath
- Muscle/joint pain
- Sore throat
- Headache
- Hoarseness
- Nasal discharge
- Diarrhoea



Effective Precautions/Measures

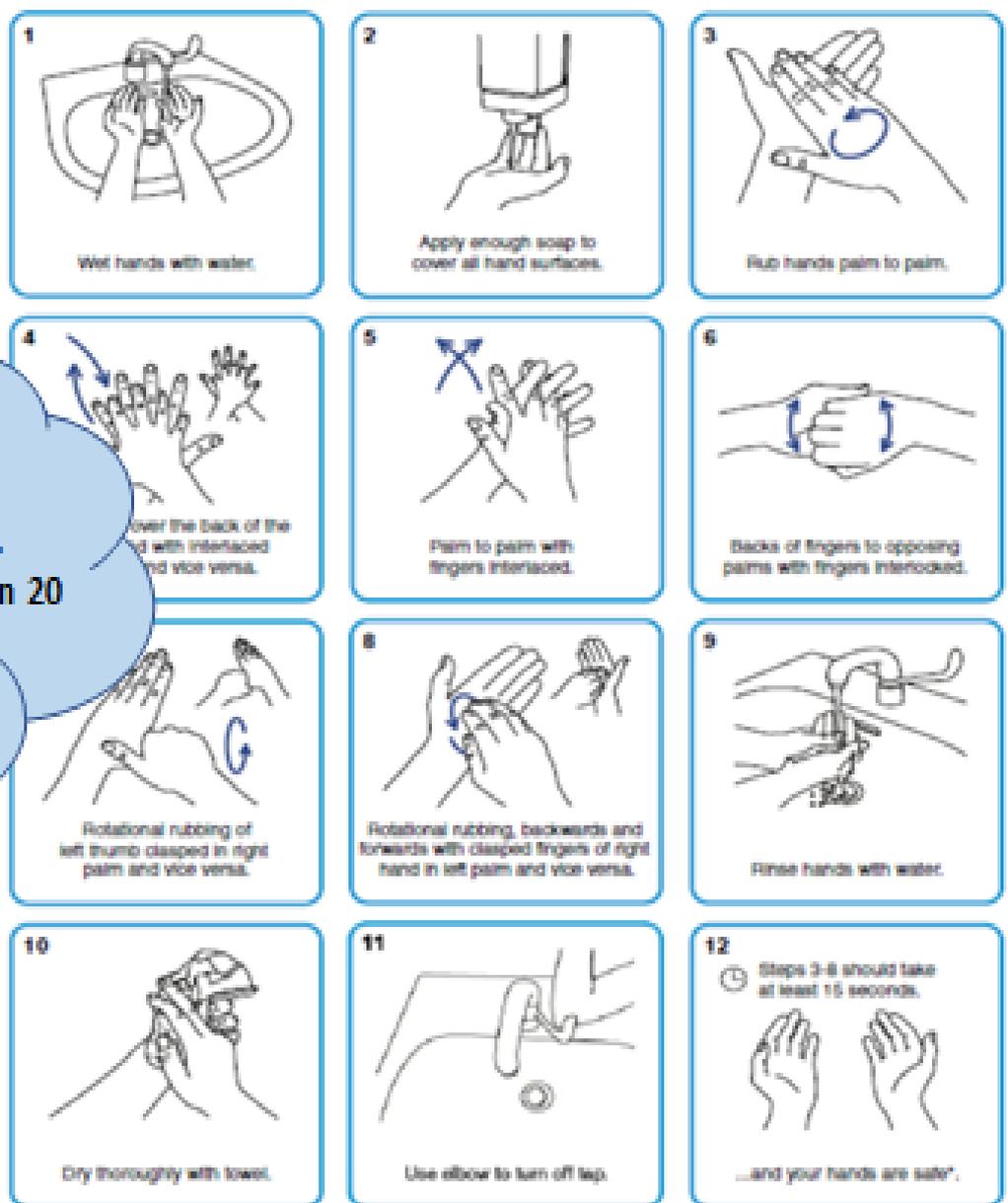


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Importance of Hand Hygiene:

- The most effective method we have at preventing the spread of infections. We use our hands constantly through the day and whatever we have on our hands goes with us and onto every surface we touch.
- Good hand hygiene will decontaminate our hands of viruses like Covid 19
- Below is a link to an NHS video showing the correct Hand Hygiene technique
- This technique also applies to Hand Sanitiser/Alcohol Gels; but probably will take less time to do the technique as the gels/sanitiser are designed to absorb onto the skin, and sanitise the area. Just apply the amount necessary and do a quick version covering all of the stages of the hand hygiene technique
- <https://www.youtube.com/watch?v=IisgnbMfKvI>

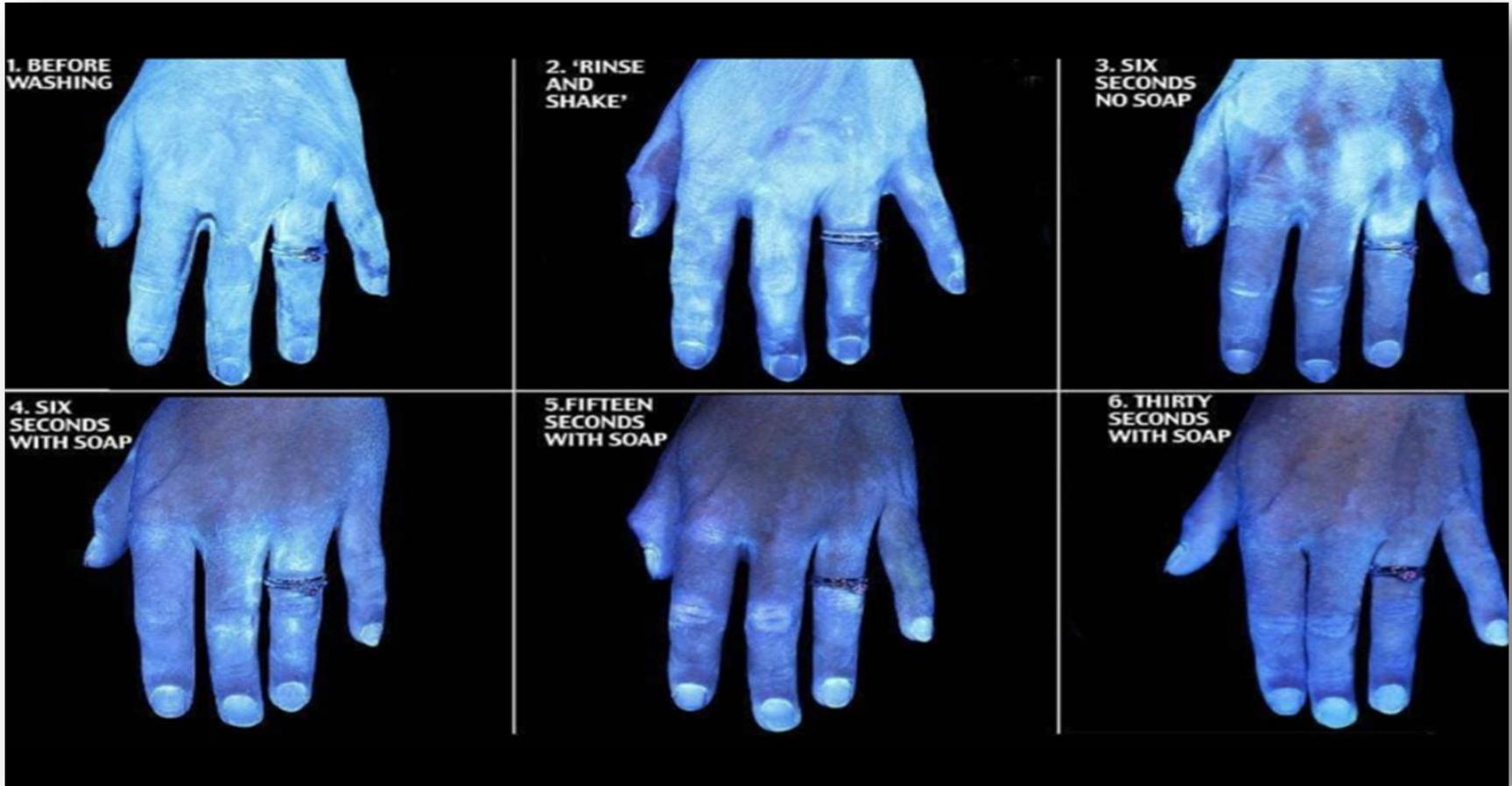
6 steps of hand hygiene



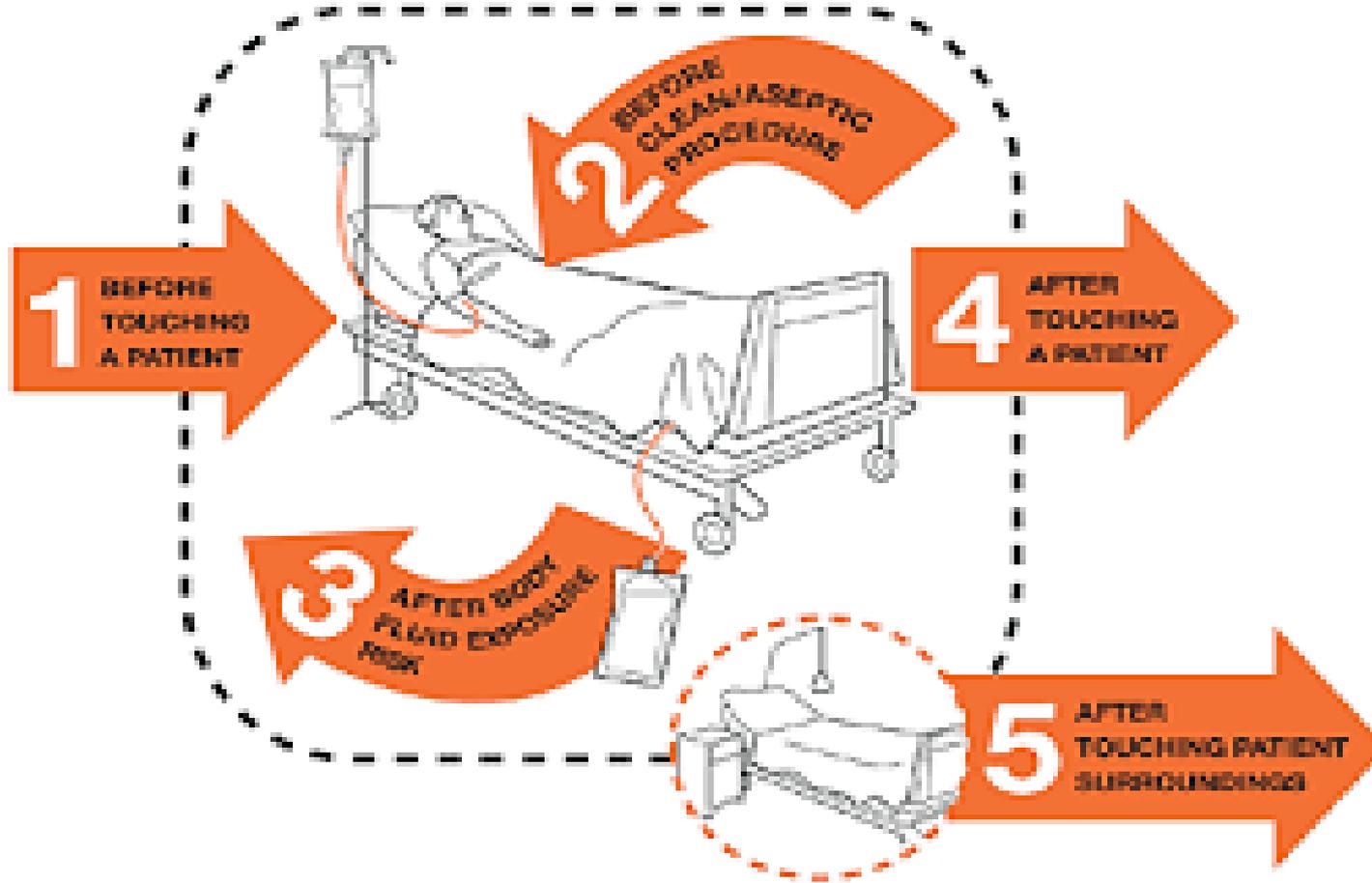
Take time to study all the steps in the poster.
The entire set of actions should not take less than 20
seconds.



The Light Box Test: The good, the bad and the dirty!



5 Moments of Hand Hygiene:



- Personal Protective Equipment
(PPE)



Illustrated Guide to PPE

Personal Protective Equipment (PPE)
illustrated guide for community and
social care settings



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PPE Snap Shot:

- Face Masks to be worn as sessional when 2 metres distance will be compromised
- Replace face mask if damp, damaged or known/suspected to be contaminated
- Always don a new mask before entering the first or next home; remove mask on exiting the home or when out of the home
- Covid positive or active cough; Face Mask, Face visor, disposable gloves & disposable apron (to be disposed of just before exiting premises)
- Always don PPE appropriate to task i.e. Personal cares or cleaning include gloves and apron



Donning and Doffing Procedure

- **Donning**

Wash hands or disinfect with alcohol gel

Disposable apron

Face mask

Face visor/goggles (if high risk of splashing or coughing symptoms present)

Gloves

- **Doffing** (in the following order)

Gloves (decontaminate hands alcohol gel)

Disposable apron (decontaminate hands alcohol gel)

Face visor/goggles (if worn and decontaminate hands alcohol gel)

Face mask

Wash hands or disinfect with alcohol gel



Donning & Doffing Video Link

https://www.youtube.com/watch?v=-GncQ_ed-9w



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How not to wear a Mask

THE FLORENTINE
by Leo Cardini

How NOT to wear a mask

the smoker



free nose



better than glasses



the scarf



the full monty



the hat



the ear flap



the arm protector



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Problems with PPE



How to wear a Mask



3 | Place the mask over your nose
mouth and chin making sure that it is airtight.



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Pinch that Nose



She fits the flexible band to her nose bridge,



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Waste Management:

- Normal non Covid waste dispose of in usual way/procedure
- Known or suspected Covid 19 waste; Place in normal bin liner then add another bag (Double Bagged) & tied secure
- Label with a 72 hour period before disposal (date of collection with date of disposal)
- Store until 72 hours have elapsed in a pre-determined safe storage area; a room that's not used or not often used, or an alternative area which is deemed safe



Working with a Buddy and Car Sharing

- Wear a face mask at all times when working together and unable to socially distance from each other (2 meter rule)
- Avoid car sharing wherever possible. If unavoidable, always wear a face mask and open windows
- If possible utilise the back seat for the passenger as this will:
 - Increase the distance to the maximum possible
 - Lessen the risk of 'face-to-face' transmission

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles>



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Isolation Protocol

What do I do if I suspect or been confirmed COVID-19 positive?

What do I do if I have come into contact with someone who has tested positive?

Isolation Protocol

If you develop symptoms of a flu-like illness then **DO NOT go into work and inform your manager**

- fever of more than 37.8°C and/or new persistent cough and/or new loss of taste or smell
- other symptoms of respiratory infection

Self-isolate at home for 10 days from onset of symptoms

(Please note - the staff member must isolate for 14 days if they have been admitted into hospital)

- Arrange to take a COVID-19 test within 3-4 days of start of symptoms
- If you are better and the test is negative you can return to work
- **If your symptoms worsen contact NHS 111**

If a member of your family develops symptoms

- Arrange for them to have a COVID-19 test (if possible)
- If this is negative you can return to work

If you are at high risk of complications from COVID-19

- Complete a risk-assessment with your manager to manage if and where you can work

To view PHE flow charts and find other supporting information, please click the following links ;

[Symptomatic Worker](#) or [Asymptomatic Worker](#)

[Guidance for contacts of people with possible or confirmed Coronavirus infection](#)



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Isolation Protocol

- If a positive test result is confirmed isolate for 10 days and return to work if symptoms have gone
- Car sharing or working with a buddy that tests positive or a contact of a positive case:
 - unless breach in PPE carry on working but request a swab
 - onset of symptoms or breach of PPE isolate for 10 days



The 90 Day Rule:

- If you unfortunately test positive for COVID 19 please don't ask or seek another swab for 90 days
- Repeat positive swabs can occur but you are no longer infectious and at risk of transmitting the live virus if your symptoms have gone
- Residual elements of the virus can exist for sometime in the body and will be picked up on via the PCR test
- **Do ask for a test** though if symptoms occur again, even within the 90 days, as this may be signs of a new infection



Looking After Yourself and Your Uniform



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Personal hygiene

- Wash hands and forearms before leaving work
- Wash hands again when arriving home
- Shower and wash your hair as soon as you get home

Uniforms

- Protect your uniform from contamination by wearing a disposable plastic apron
- Change out of uniform before leaving work
- Transport home in a plastic bag or old pillow case
- Wash uniforms in usual washing machine:
 - Wash clothes at 60 degrees or higher
 - Use non-biological washing powder
 - Wash uniform separately from other household items
 - Items should be then tumble dried and/or ironed



Covid 19 Vaccine



Types of Vaccine

- Pfizer Vaccine
- Astrazeneca (Oxford Vaccine)
- Moderna Vaccine
- Overall effectiveness of sanctioned vaccines; 1st dose between 60-70% coverage & 2nd dose 95% coverage
- Early trials of Astrazeneca is showing effectiveness against transmission from asymptomatic cases
- Current vaccines are proving effective against new Variants Of Concern (VOC); in-particular the newest VOC the Delta VOC
- Both doses is giving very good coverage against serious illness & hospitalisation from Covid 19



Effects we are seeing:

- Care Homes with a 1st dose vaccination status are still having cases
- Good news though we aren't seeing severe symptoms
- All cases are asymptomatic to very mild
- Excellent overall uptake so far



Please get the Jab 😊



- Don't make me beg!



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Public Health England Guidance

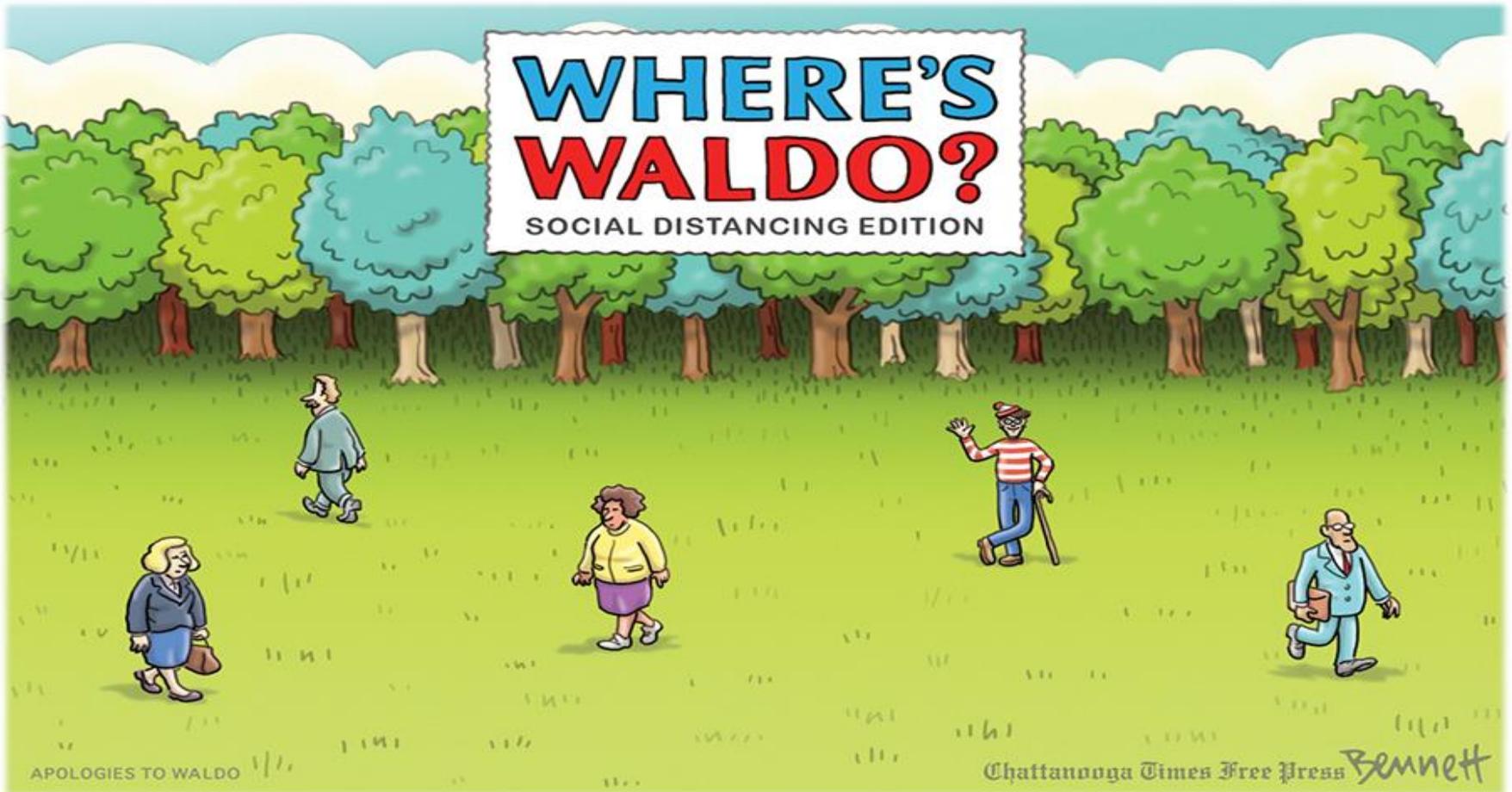
Link:

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care>



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Any Questions?



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