

1. Guidance for workers who are entering homes where there are suspected or confirmed cases of COVID-19 and
2. Guidance for workers who are transporting individuals where COVID-19 is suspected or confirmed

Considerations for the Worker

If a member of staff is concerned that they have COVID-19, please follow NHS guidelines:

Stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **Do not** go to a GP surgery, pharmacy or hospital.
- You do not need to call 111 if you are staying at home and testing for coronavirus is not needed.
- Self-isolate; workers should not visit and care for individuals until safe to do so.

If you have COVID-19 symptoms, however mild – stay at home for 7 days from when your symptoms started.

If you are the first person in your household to have symptoms, other members of the household must also stay at home and not leave the house for 14 days. (14 days starts from the day the first person in the house became ill.)

For anyone else who starts displaying symptoms, they need to stay at home for 7 days from when their symptoms first appeared.

People living together are more likely to infect each other, or already be infected, therefore staying at home for 14 days minimises infection to others in the community. If possible, move vulnerable individuals (elderly or those with underlying health conditions).

If you cannot move vulnerable individuals, stay away from them as much as possible.

Ask your friend, neighbour or employer to help you get the things you need to stay at home.

Hand hygiene - wash your hands with soap and water more often and do this for at least 20 seconds. You should follow this advice on [hand hygiene](#).

Put used tissues in the bin straight away and wash your hands afterwards.

Do not touch your eyes, nose or mouth if your hands are not clean.

If you cannot cope with your symptoms at home, or your condition worsens and you do not get better after 7 days then use NHS 111 online, or call NHS 111. For a medical emergency dial 999.

Government guidance is changing quickly, please see this [Public Health Wales Guidance](#) for the most up to date information.

Prior to any visit

It is extremely important that before workers undertake any visits, a triage phone call is made to decide whether a face to face meeting is essential or whether work can be done by telephone or delayed.

Where a visit is essential the Worker should contact the parent/ family member/ young person/ individual in advance to ask if anyone in the household has any of the Covid-19 symptoms (as above).

If neither the individual nor anyone in the household has COVID-19 symptoms

If neither the individual receiving care and support nor anyone in the household is symptomatic, then no personal protective equipment is required above and beyond normal good hygiene practices.

Social distancing of 2m should be used for non-contact activities such as giving advice or conducting verbal consultations.

Hand hygiene - wash your hands with soap and water more often and do this for at least 20 seconds. Workers should follow advice on [hand hygiene](#).

Use hand sanitiser gel if hand washing facilities are not available.

Always wash your hands when you get home or into work.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

Put used tissues in the bin straight away and wash your hands afterwards.

Do not touch your eyes, nose or mouth if your hands are not clean.

Please see this [UK Government Guidance](#) for further information:

Individual being visited does not have symptoms but is part of a household that is isolating

If the individual being visited and their worker can remain at a safe protected distance from the symptomatic member of the household, then no additional precaution is required. This would apply, for example, where the symptomatic family member can remain in their own room, is using separate bathroom facilities and is observing robust isolation procedures, staying 2 metres away from other family members.

Where this is not possible – and this will vary on a case-by-case basis – the same procedures should be adopted as if the person being visited did have symptoms of COVID-19.

Social distancing of 2m should be used for non-contact activities such as giving advice or conducting verbal consultations.

Hand hygiene - wash your hands with soap and water more often and do this for at least 20 seconds.

Use hand sanitiser gel if hand washing facilities are not available.

Always wash your hands when you get home or into work.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

Put used tissues in the bin straight away and wash your hands afterwards.

Do not touch your eyes, nose or mouth if your hands are not clean.

Care should continue to be taken to limit contact with any household member that has symptoms.

Where the activity means you are within 1 metre of a person with symptoms, you should wear PPE.

Please see this [UK Government Guidance](#) for further information:

Personal Protective Equipment (PPE)

Please note PPE is for social care staff who are providing direct care to people suspected of or confirmed as having Covid-19 (within 1m).

Social distancing of 2m should be used for non-contact activities such as giving advice to relatives or service users or conducting verbal consultations.

- Workers should use personal protective equipment (PPE) for activities that bring them into close personal contact, such as washing and bathing, personal hygiene and contact with bodily fluids.
- Aprons, gloves and fluid repellent surgical masks should, be used in these situations. If there is a risk of splashing, then eye protection will minimise risk.
- New personal protective equipment must be used for each episode of care. It is essential that personal protective equipment is stored securely within disposable rubbish bags when removed.
- These bags should, be placed into another bag, tied securely and kept separate from any other waste within the room. This should, be put aside for at least 72 hours before being put in the usual household waste bin.

It is important to use the correct PPE when providing direct care to anyone with respiratory symptoms. The PPE recommended for this is:

- Fluid Resistant Surgical Mask (FRSM),
- Disposable gloves
- Disposable plastic apron
- Appropriate eye protection after risk assessment of need if splashing or spraying of body fluids likely

Effective Hand Hygiene is Essential Combined with use of PPE.

Any PPE equipment provided must only be used in conjunction with national guidance.

National Infection Prevention and Control Manual that Wales has adopted can be found [here](#).

All services are advised to keep up to date with the latest advice on COVID-19 via Public Health Wales (PHW) website [here](#).

PPE equipment will be distributed by Chris Evans and his team, he can be contacted using the following email address pccsscommissioning@powys.gov.uk Requests received before 3pm will be ordered and delivered by NRS Healthcare on the following day.

Currently if PPE stock cannot be accessed, arrangements are in place that care providers can approach Powys Teaching Health Board for urgent assistance.

A How -To Guide for The Removal of Disposable Gloves

- Pinch and hold the outside of the glove near the wrist area.
- Peel downwards, away from the wrist, turning the glove inside out.
- Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand.
- With your un-gloved hand, slide your finger/s under the wrist of the remaining glove, taking care not to touch the outside of the glove.
- Again, peel downwards, away from the wrist, turning the glove inside out.
- Continue to pull the glove down and over the inside-out glove being held in your gloved hand.
- This will ensure that both gloves are inside out, one glove enveloped inside the other, with no contaminant on the bare hands.
- Staff to wash hands using their own liquid soap and towel prior to leaving the service user property.
- Staff to place used towel into washable bag (pillowcase or equivalent) in their car prior to leaving for next call.