



# THINGS YOU CAN DO TO STOP COVID-19 IN OUR HOME

## Covid-19 coronavirus – what is it?

COVID-19 is a virus that makes breathing difficult (like other chest infections) elderly people in care homes and especially those with medical conditions like heart and or lung disease, diabetes and cancer are more likely to be infected and die.

Care homes can do things to:

- **Stop Covid-19** from **entering the home**
- **Stop it spreading between residents**
- **Stop** staff from **taking the virus home**

## PHYSICAL DISTANCING

- Restrict visitors
- If you can't keep residents 1m apart for group activities then don't do the activity
- Stagger mealtimes or serve meals in bedrooms
- Try and stop residents shaking hands, kissing or cuddling

## FINDING COVID-19 EARLY (RESIDENTS)

- Check new residents for temperature of 38° (fever) or above or a cough or shortness of breath.
- Check each resident twice a day for temperature 38° or above or a cough or shortness of breath.
- Tell the nurse or manager about any resident with fever or symptoms of COVID-19

## CLEANING

- Clean light switches, door handles, bed tables, rails, cupboards and bathrooms twice a day or if soiled.
- Use hospital grade disinfectant (ask the manager) or bleach (a 5ml medicine spoon full for each litre of water)

## RESIDENT HAS SYMPTOMS OR A POSITIVE TEST FOR COVID-19

- Make sure GP, NHS 111, integrated care team know
- Put a face mask on the resident and anyone else living in the room
- Make sure a test for COVID-19 is done (GP, NHS 111, integrated care team)
- Tell resident and family and health services if a test is positive
- Resident may need transferring to hospital, a GP or ambulance will decide
- Try and move resident to a single room if not in one
- Residents with COVID-19 positive tests can be with other residents with COVID-19 if necessary
- Follow home protocols on droplet and contact infection
- Know how to use personal protection equipment, and use it. If you don't know ask for training
- Put clear signs up outside room telling people that the resident has COVID-19
- Clean all equipment before and after use and have equipment like blood pressure cuffs, thermometers ONLY for suspected COVID-19 residents
- Encourage residents not to share books, IPADS, magazines between residents

## LOOK AFTER YOURSELF AND WORKMATES

- Work with your manager and team to try and reduce stresses and workload that **are not** due to Covid-19
- Check your workmates are OK and keep communicating and updating each other
- Try and rest, sleep, eat and drink well
- Know what safety measures are in place for your mental and physical well being in your home and use them if you need to

## PREVENTION

- Have a lead for Covid-19 in the home and know who it is
- Provide training (hand washing, infection control)
- Information sessions for residents on the virus and what you and they need to do to help
- Check people are washing their hands and tell people
- Wash hands 40secs with soap and water; 20 secs with alcohol based hand rub, after touching residents, toileting, eating or if you cough or sneeze
- Make sure you have tissues, use them and then put them in the bin.
- Keep the home clean and make sure laundry and waste are handled properly and quickly
- Make sure you have had your flu jab

## VISITORS

- Use mobiles, telephone or iPad/Tablets
- Ask a registered nurse or manager to 'screen any visitors for symptoms or risk of Covid-19'
- If visitor has symptoms (fever, cough or is unwell) then they should not visit
- 1 visitor at a time, watch them wash their hands and 1m distance from residents
- No visitors at all if a resident has symptoms of COVID-19

## FINDING COVID-19 EARLY (STAFF)

- Stay at home and tell the manager in charge if you have a fever or cough
- Check (phone, social media or email) on your work mates if they don't turn up for a shift
- Check workmates' temperature at start of each shift
- Send a person home immediately if they become unwell on shift
- Record any staff who care for residents with symptoms of COVID-19 (so finding out who they see or have contact with is easier)

## PERSONAL PROTECTION EQUIPMENT (PPE)

- Put on and take off PPE according to the instructions, get someone to watch you and check
- Wash hands before and after putting PPE on
- For residents with COVID-19 symptoms use **full PPE** mask, gloves, gown, and eye protection (goggles or face shield)
- Take off PPE just before you leave a resident's room
- Throw the PPE into a medical waste bag/bin and wash your hands afterwards
- Cleaners for rooms with a resident with Covid-19 symptoms should wear full PPE (see above) and wash hands before and after putting it on and taking it off.

## LAUNDRY

- Put faeces (poo) on sheets etc. into a bucket with a lid or sealed container and empty down the toilet
- Put sheets, pillow cases, duvet etc. into leak proof bags or containers and label these clearly with "COVID-19 DANGER"
- Machine wash at 60-90 degrees Celsius, dry normally.
- Wash hands before and after laundry

## MOVING RESIDENTS TO/FROM HOSPITAL

- Residents with Covid-19 symptoms need to stay in their rooms when poorly
- Try and avoid transporting residents to hospital, but if you need to make sure they wear a mask and tell the transport that they have Covid-19 symptoms or a positive test
- Keep residents with Covid-19 in their rooms until they had had two negative tests for Covid-19 with a full day between tests
- If you can't get a resident with a positive test for Covid-19 who feels better, and whose cough and or fever disappears re-tested, then they need to stay in their room for two weeks.