Public Health England

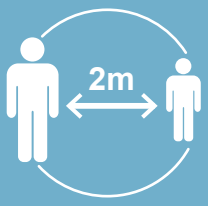
PPE guide for community health and social care settings

What PPE to wear and when – an illustrative guide



This resource outlines personal protective equipment (PPE) advice for health and social care workers working in the community. Guidance should be used in conjunction with local policies.

Personal protective equipment (PPE) is not effective on its own. Ensure you practice:



social distancing



staying away from work when you are ill



hand hygiene



more frequent cleaning

Respiratory hygiene:



catch it



bin it



kill it

If you are a health and social care worker in the community you should ensure you wear the correct PPE for your work. Below are five common scenarios you might encounter. For each we describe what PPE you should wear.

1. Personal care involving touching the person you are caring for
2. When you are within 2 metres of anyone who has a cough (whether you are caring for them or not)
3. When you are within 2 metres of the individual being cared for (for whatever reason) but not touching them
4. When you are caring for a person who is shielding
5. When you are in the workplace and 2 metres away from people you are caring for

If you are caring for someone involving aerosol generating procedures (AGPs), you will need the enhanced PPE guidance found here:

www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures

1 Personal care involving touching the person you are caring for

Apron

Gloves

Fluid repellent Type IIR surgical mask

Eye protection, either a visor or goggles, can be used (prescription glasses are not eye protection), subject to risk assessment such as if the person has a cough

This PPE also applies if the person is shielding



2 When you are within 2 metres of anyone who has a cough (whether you are caring for them or not)

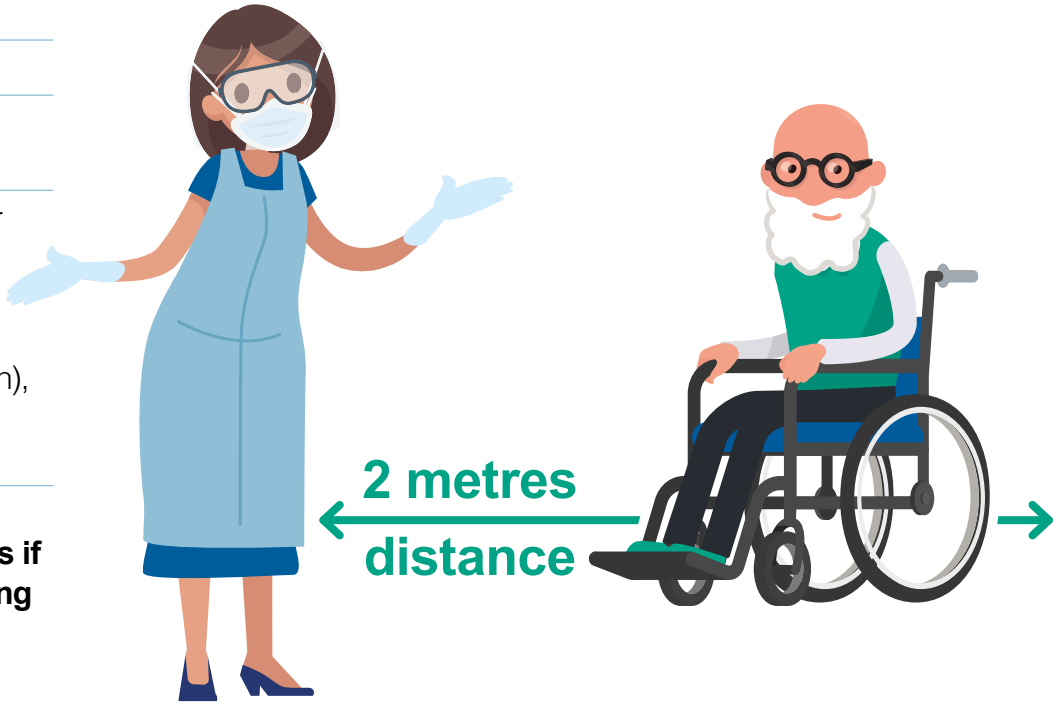
Apron

Gloves

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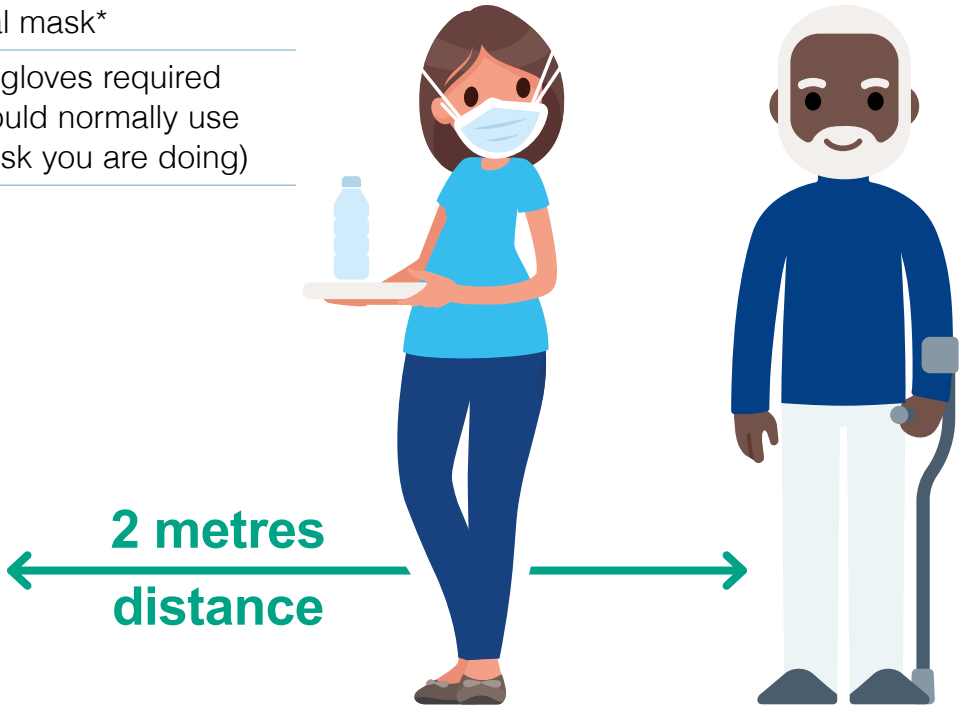
This PPE also applies if the person is shielding



3 When you are within 2 metres of the individual being cared for (for whatever reason) but not touching them

Type II surgical mask*

No apron and gloves required (unless you would normally use them for the task you are doing)



4 When you are caring for a person who is shielding

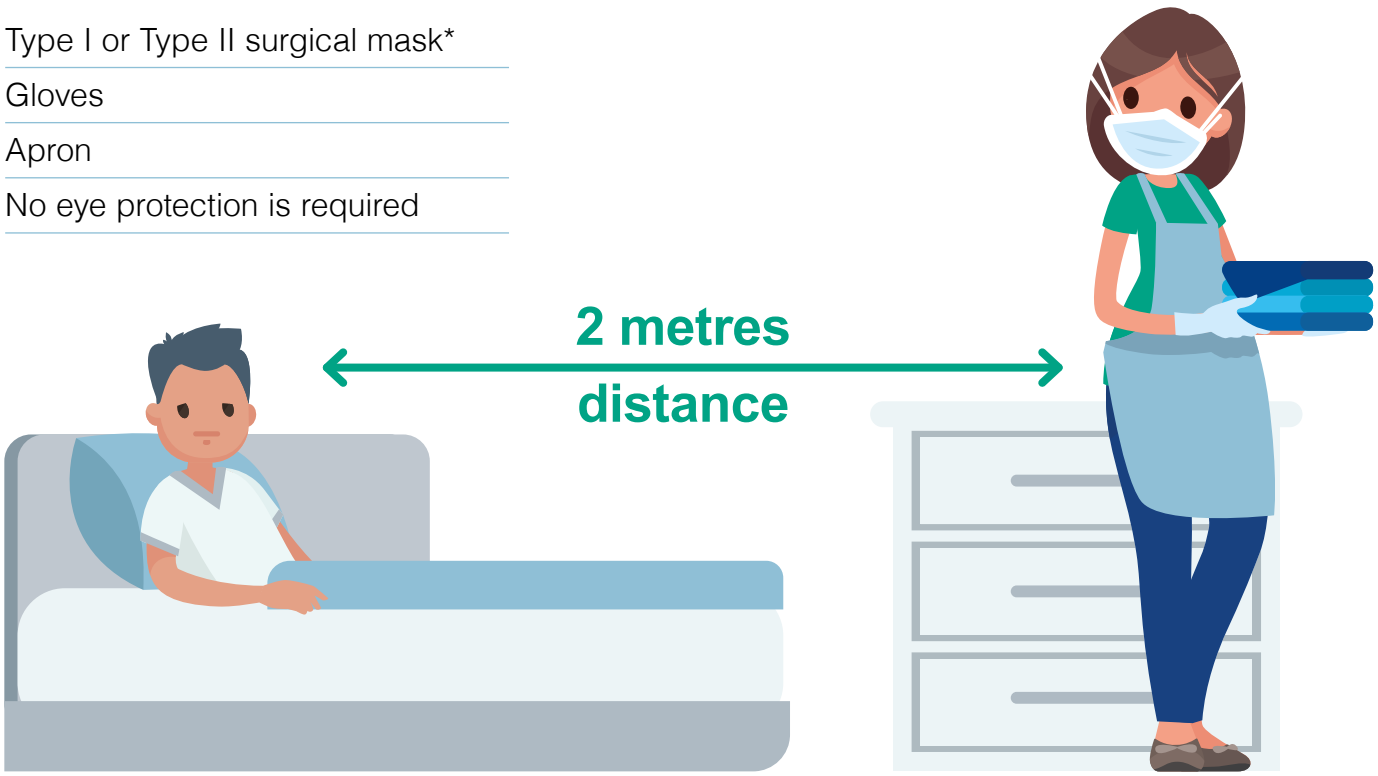
You need to follow the advice in scenarios 1 and 2 when you are giving personal care or within 2 metres. When you are 2 metres of more away but in the home or living premises of someone shielding then you need to wear the following items.

Type I or Type II surgical mask*

Gloves

Apron

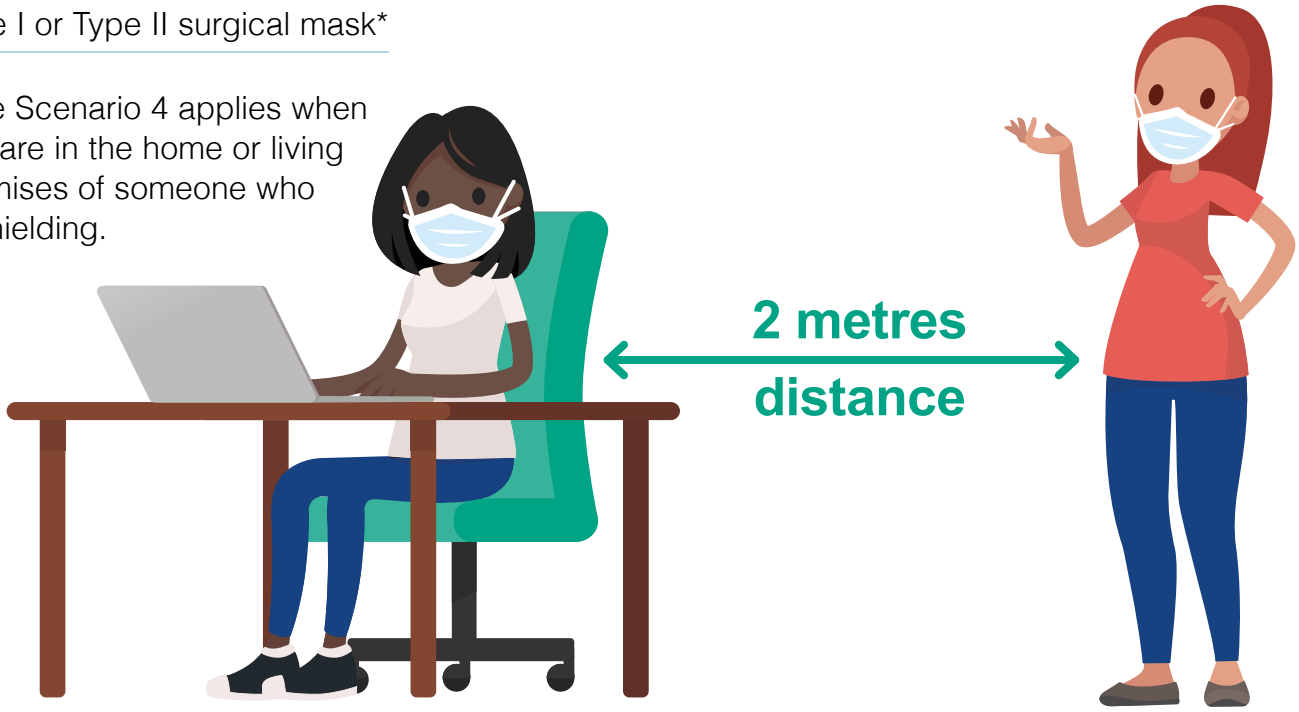
No eye protection is required

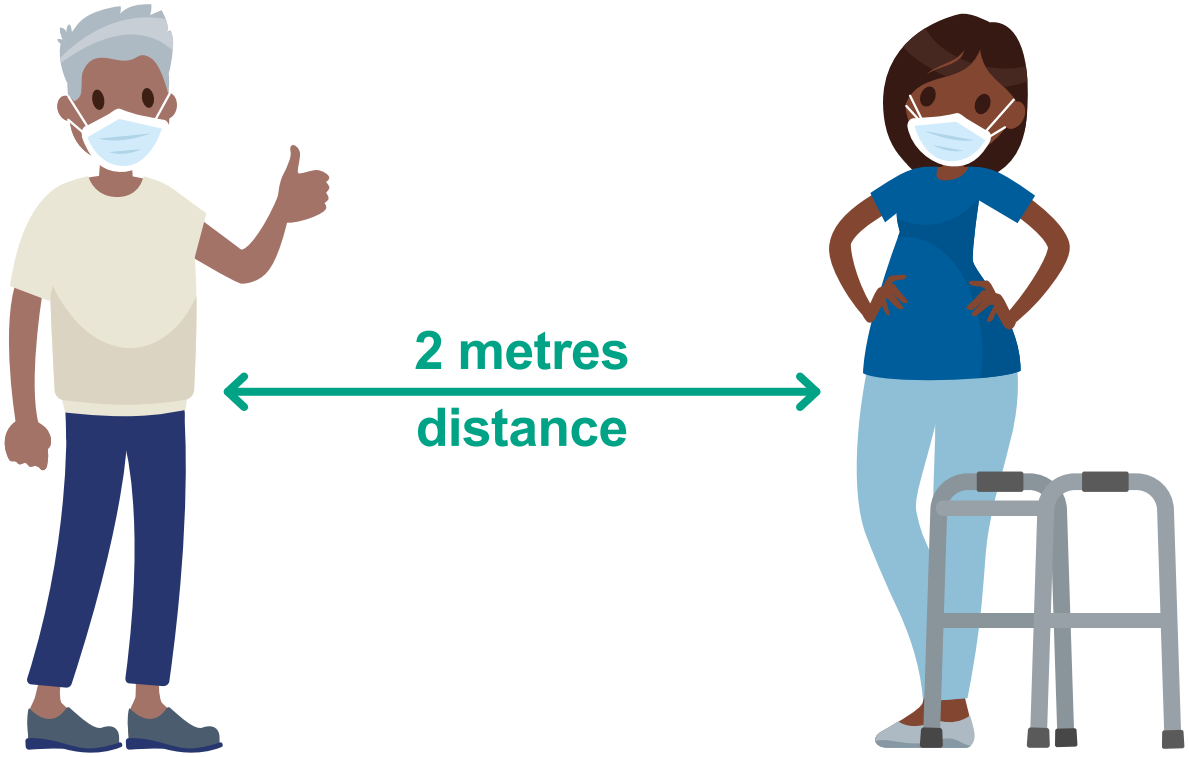


5 When you are in the workplace and 2 metres or more away from people you are caring for or supporting

Type I or Type II surgical mask*

Note Scenario 4 applies when you are in the home or living premises of someone who is shielding.





*if only fluid repellent Type IIR surgical masks are available then these may be used as an alternative

What you need to know about using PPE

You need to wear PPE for personal care of all individuals you care for:

- whether the person you are giving personal care to has symptoms or is known to have COVID-19 or not
- regardless of the age of the person you are caring for
- no matter what your role is

You can use face masks and eye protection continuously until you need to take a break or until the item needs replacing. You can use the same mask and/or eye protection:

- for caring for more than one person (regardless whether they have symptoms)
- until you need to take a break e.g. to drink, eat or break or end duties
- when moving/travelling between individuals if safe to do so (don't wear eye protection when driving or cycling)

Use PPE safely:

- make sure you clean your hands appropriately before putting on and after removing your PPE
- you should not touch your face mask or eye protection unless it is to put it on or remove it
- make sure that your face mask always covers your mouth and nose
- do not dangle your face mask or eye protection around your neck or place on the top of your head

Put on and take of PPE items according to this video
https://youtu.be/-GncQ_ed-9w

Remove and discard/decontaminate the eye protection:

- if damaged, visibly soiled, uncomfortable
- for taking a break e.g. to drink, eat or break or end duties
- decontaminate your eye protection when you remove it before next use
- if your eye protection is for single use only then dispose of it after use

Remove and discard the face mask:

- if damaged, visibly soiled, damp, uncomfortable, or difficult to breathe through
- for taking a break e.g. to drink, eat or break or end duties
- replace it with a new face mask for your next duty period

Put on and remove PPE at least 2m away from the people you are caring for

Do not re-use PPE items unless they are clearly marked as re-usable:

- gloves and aprons are always single use and must be disposed of and replaced after use
- re-usable items e.g. eye protection must be cleaned according to manufacturer's instructions or according to local infection prevention and control protocol

Make sure you change your clothing at the end of your work duties and launder your uniform/work clothes:

- separately from other items if heavily soiled
- at the maximum temperature the fabric can tolerate, then iron or tumble dry

Useful further information on PPE and IPC in community health and social care settings:

How to work safely in care homes
www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes

How to work safely in domicilary care
www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care

COVID-19 personal protective equipment (PPE)
www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe

Resources for care workers working with people with learning disabilities or autism

COVID-19 guide for care staff supporting adults with learning disabilities or autistic adults
www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/care-staff

Section 3 of this care home PPE resource
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/892466/How_to_work_safely_in_care_homes_v3_15_Jun.pdf

Section 3 of this home (domiciliary) care PPE resource
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/892496/Domiciliary_guidance_v2_15Jun.pdf

Dementia in care homes and COVID-19
www.scie.org.uk/care-providers/coronavirus-covid-19/dementia/care-homes

Considerations for acute personal protective equipment (PPE) shortages
www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/managing-shortages-in-personal-protective-equipment-ppe

Quick guides for putting on and taking off PPE
www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures

My 5 moments for hand hygiene
https://www.who.int/infection-prevention/campaigns/clean-hands/5moments/en/



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