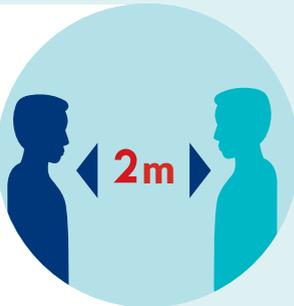


# Quick Reference Guide for those Working in Hostels

Hostel workers should avoid entering a resident's room and maintain 2 metres social distance wherever possible

Please remember – when interacting with people 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



PPE is not needed if you are able to maintain social distancing (2 metres away) and if no one is in the extremely vulnerable group being shielded.

## When do you need PPE?

If you are required to enter a room where any member of the household is showing symptoms of COVID-19 (and self-isolating)

**or**

is in the shielded group

**or**

you are unable to make an assessment of Covid-19 status

**and**

you are unable to maintain 2 metres social distance

## What PPE do you use?

- Water repellent apron
- Disposable gloves
- Fluid repellent surgical mask (a non-fluid repellent surgical mask may be used with someone in the shielded group) \*
- Eye protection (use if there is a risk of splashing/spitting)

*\*Change the mask for a new one every 8 hours, or sooner if it becomes moist or damaged during use. The mask should be replaced if removed for any reason. This includes after breaks for eating or drinking.*

## Safe use and disposal of PPE

- Follow the guidance on [how to safely put on/ take off PPE](#)
- Only use aprons and gloves once for each client
- Use one mask (and eye protection, if required) for each session (8 hours max)
- Decontaminate eye protection after use – if cleaned properly, it can be safely reused in a different setting
- Double bag aprons, gloves and mask upon disposal
- Separate from other waste, set aside and wait 72 hours before disposal in general waste



**Guidance based on PHE advice 22 April 2020 and subject to change.  
Always check for updates on the [gov.uk website](#).**

**If you have concerns about your visit or PPE please speak to your manager.**