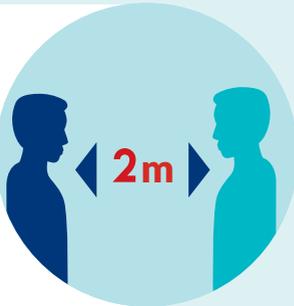


# Quick Reference Guide for unpaid carers who do not live with the person they care for

Do not provide care if you have symptoms of COVID-19, which are a high temperature and/or a new, continuous cough.

Please remember to 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



**FULL PPE is only needed** if you are providing personal care which requires you to be in direct contact with the person (e.g. touching).

## When do you need PPE?

If you are providing personal care (within 2 metres) to anyone (regardless of whether or not they are showing symptoms of COVID-19)

**or**

If you are visiting any household where any member of the household is in the extremely vulnerable group advised to shield\*

## What PPE should you use?

- Disposable plastic apron
- Disposable gloves
- Fluid resistant surgical mask\*
- Eye protection (if there is a risk of splashing e.g. an individual who is repeatedly coughing).

*\*If no one has symptoms of COVID-19 but someone in the household is extremely vulnerable and shielding, and you are visiting rather than providing care, use a non-fluid repellent surgical mask. You don't need eye protection.*

## Safe use and disposal of PPE

- Follow the [guidance](#) (and [video](#)) on how to safely put on and take off PPE.
- Use new aprons, gloves and masks each time you provide care.
- The mask should be replaced if removed for any reason. This includes after breaks for eating or drinking.
- [Decontaminate](#) re-usable eye protection after use.
- To safely dispose of PPE, double bag all items.
- Set aside from other waste for 72 hours before disposal in general waste.
- Wash your hands after taking off PPE and handling waste.



## DOs and DON'Ts for PPE use

### DO:

- Ensure ALL PPE is removed when you leave the person's house.
- Make sure you eat and drink enough; wearing PPE can get hot.
- Practice good hand hygiene.\*  
If masks are touched or adjusted, hand hygiene should be performed immediately.

*\* Follow best practice for hand hygiene, and perform frequently, especially before putting on PPE, while removing PPE and after removing all PPE, and before and after providing care.*

### DON'T:

- Don't wear your PPE outside of the person's house (e.g. on public transport).
- Don't remove PPE and then put it back on (e.g. for a coffee break, toilet break, drinking water, smoking a cigarette).
- Don't hang your mask on your neck or on your head. If the mask is removed
- from your mouth it must be disposed of and replaced.
- Don't touch your face especially if wearing gloves.



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

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