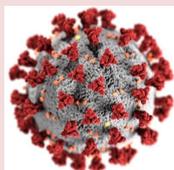


# IPC Bulletin for Staff providing Domiciliary Care (Care at Home)

Issue No. 23 - September 2020

## COVID-19



## Are you prepared for the coming winter season?

In addition to COVID-19 continuing this winter, service users and domiciliary care staff are particularly susceptible to infections which normally increase over the winter months, such as seasonal influenza (flu) and stomach infections, e.g. Norovirus.

### 1. Be prepared

- Flu vaccination—ensure staff are immunised against flu.
- Ensure Infection Prevention and Control (IPC) Policies are up-to-date and followed by staff.
- Ensure all staff are trained in personal protective equipment (PPE) use, including safe donning and doffing.
- Ensure staff follow good hand hygiene practice.
- Encourage/educate service users to perform good hand hygiene.
- Encourage/educate service users to practice 'Respiratory and cough hygiene - Catch it, Bin it, Kill it.

### 2. Be aware of the winter infections

- **Norovirus** symptoms are sudden onset of diarrhoea and/or projectile vomiting and nausea – other symptoms include raised low-grade fever, headaches and stomach cramps.
- **Influenza/respiratory infections** symptoms can include high temperature, aching body, cough, headache, loss of appetite.
- **COVID-19** symptoms are a new continuous cough, high temperature and a loss of, or change to, the individual's sense of smell or taste.

### 3. If you suspect a service user has symptoms of a winter infection

- Follow your local guidelines.
- Ensure that the main carer is aware so the correct medical care can be obtained.
- Escalate to your line manager so future carers are aware before their visit.

### 4. Stop the spread

- Always follow correct PPE guidance.
- Always wear your face mask correctly.
- Always clean your visor (if used) and store in a clean plastic bag.
- Always clean your hands using either liquid soap and warm running water or alcohol handrub if hands are visibly clean.

#### Remember:

**Alcohol handrub is not effective at killing viruses that cause diarrhoea and vomiting.**

- Remember, gloves are not a substitute for hand hygiene.
- When cleaning equipment in a service user's home, use disinfectant wipes supplied by your employer or cleaning products of their choice provided by the service user.

Visit our website to find lots of IPC resources, many of which are free to download. [www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

Call us on 01423 557340, or find us on:



Coming soon: Preventing Infection Workbook: Guidance for Domiciliary Care staff 2nd Edition

Call us on 01423 557340 to reserve your copies.