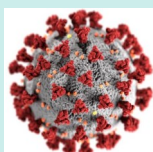


# IPC Bulletin for Care Homes

Issue No. 27 - September 2020

## COVID-19



## Are you prepared for the coming winter season?

In addition to COVID-19 continuing this winter, residents and staff in care homes 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 residents and 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) donning & doffing?
- Ensure staff and residents follow good hand hygiene.
- Respiratory etiquette - Catch it, Bin it, Kill it.

### 2. Identify infections early

- **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 infection** 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. Assess all residents twice a day.

### 3. Take immediate action

- Isolate residents who show symptoms of the above infections as soon as possible.

### 4. Report an outbreak

- Flu, respiratory illnesses and COVID-19 suspected or confirmed - report to your local Public Health England (PHE) Team.
- Suspected Norovirus - contact your local IPC or PHE Team.

### 5. Stop the spread

- Always follow correct PPE guidance.
  - Encourage residents to wash their hands.
  - Always clean your hands using either liquid soap and warm running water or alcohol handrub if hands are visibly clean.
- Don't forget:**  
**Alcohol handrub is not effective at killing viruses that cause diarrhoea and vomiting.**
- Frequent decontamination of equipment and environment. Always thoroughly clean before using a disinfectant, with a pH neutral detergent solution, e.g. Hospec and warm water, or detergent wipes. This ensures the disinfectant works effectively.
  - Then, disinfect using either:
    - A chlorine-based product at 1,000 parts per million, e.g. Milton, 50 ml in 1 litre of cold water; or
    - A virucidal product that is tested and conforms to EN testing standard EN14476; or
    - 70% alcohol wipes
  - Alternatively, a 2-in-1 cleaning and disinfection product, e.g. Chlor-Clean, Actichlor-plus, Clinell Universal Wipes, can be used as a one-step method.

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:

